Yours in Health

Annual Report
1985
Health Department

city of Regina

CITY OF REGINA

HEALTH DEPARTMENT

P. A. HUTCHISON, M.D., F.R.C.P.(C)
Medical Health Officer

CENTRAL OFFICE: 1910 McINTYRE ST.
(Branch Office: 204 Wascana St.)
REGINA, SASKATCHEWAN
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BOARD OF HEALTH

Alderman G. J. Kleisinger, Chairman

Alderman M. Hanley

Alderman L. Ooms

His Worship, Mayor L. Schneider, Ex-officio

Secretary: Mr. George Day

HEALTH DEPARTMENT

Medical Health Officer	Patricia A. Hutchison, M.D., F.R.C.P.(C)
Assistant Medical Health Officer	Vacant
Medical and Pediatric Services	Dorothy Pitula-Grocott, M.D., F.R.C.P. (C) (part time)

Division Directors

Public Health Nursing Division	Janet D. Fowler, R.N., B.Sc.N., M.H.Sc.
Environmental Health Division	Michael Markewich, C.P.H.I.(C)
Public Health Nutrition Division	E. Ruth Vawter, B.Sc.H.E., P.Dt.
Biostatistician	Lynn Greaves, B.A., Dip. Ed.
Business Office, Chief Clerk	Carol J. Lewis

GOALS

Promotion of health and personal well-being

Promotion of healthful environment

Prevention of illness and disability
ON A COMMUNITY BASIS

GLOBAL OBJECTIVES

* To assess the health needs of community and individuals in Regina;

* To organize, co-ordinate and deliver appropriate community health services;

* To encourage community participation in the programs and utilization of services offered;

* To motivate individuals towards improving and/or changing life styles;

* To co-operate with other agencies providing health care and services.

REALIZATION OF GOALS AND OBJECTIVES REQUIRES

- Professional expertise and enthusiasm

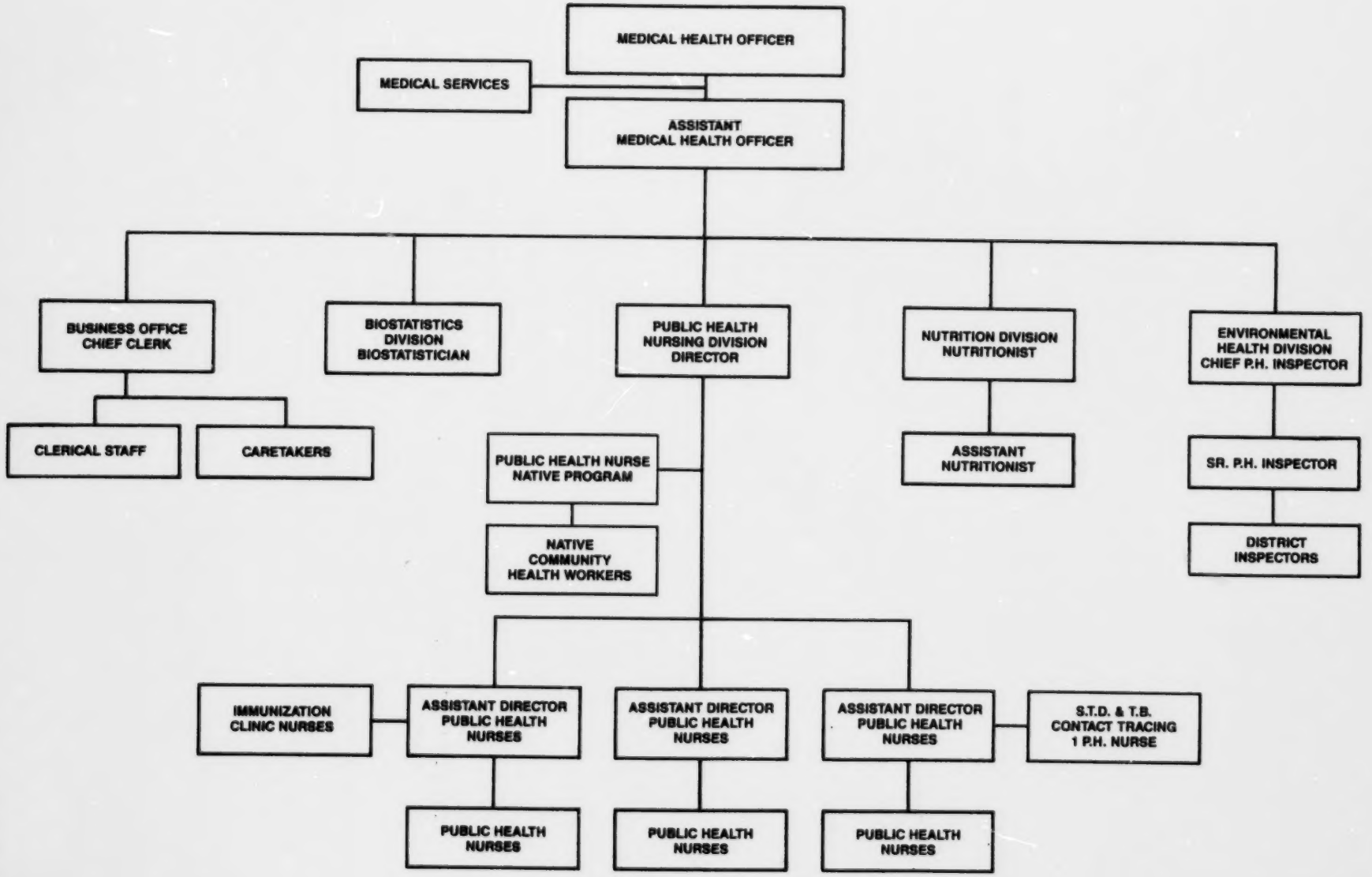
- Adequate staffing

- Adequate physical facilities

- Adequate operating budget

- Support of the community

ORGANIZATION CHART
CITY OF REGINA HEALTH DEPARTMENT



HEALTH DEPARTMENT STAFF

MEDICAL HEALTH OFFICER

P. A. Hutchison, M.D., C.M., F.R.C.P.(C)

ASSISTANT MEDICAL HEALTH OFFICER

Vacant

PEDIATRIC SERVICES

D. Grocott, M.D., F.R.C.P.(C) (part-time)

ENVIRONMENTAL HEALTH DIVISION

CHIEF PUBLIC HEALTH INSPECTOR: M. Markewich, C.P.H.I.(C)

SENIOR PUBLIC HEALTH INSPECTOR: G.A. Booty, C.P.H.I.(C)

PUBLIC HEALTH INSPECTORS:
- L.O. Boris, C.P.H.I.(C)
- W. Button, C.P.H.I.(C) (began March/85)
- T. Devine, B.Sc., C.P.H.I.(C) (terminated Feb/85)
- J.D. Klein, B.Sc., C.P.H.I.(C)
- E.D. Kosten, C.P.H.I.(C)
- L.H. Morgan, C.P.H.I.(C)
- S. Pappas, B.Sc., C.P.H.I.(C)
- M. Winichuk, B.A., C.P.H.I.(C)
- E. Zinger,B.A., C.P.H.I.(C)

NURSING DIVISION

DIRECTOR: J.D. Fowler, R.N., B.Sc.N., M.H.Sc.

ASSISTANT DIRECTORS:
- J. Anderson, R.N., B.Sc.N.
- M. Scott, R.N., B.Sc.N.
- S. Rendall, R.N., B.Sc.N.

PUBLIC HEALTH NURSES:
- C. Anderson, R.N.
- M. Benz, R.N., B.Sc.N. (terminated March/85)
- C. Biholar, R.N., B.Sc.N.
- M. Bjerke, R.N., Dip, P.H.N.
- L. Boldt, R.N., B.Sc.N. (terminated Aug/85)
- F. Buzash, R.N., Dip. P.H.N.
- R.V. Cheberiak, R.N., B.Sc.N.
- I.F. Cornelson, R.N. (retired Oct/85)

PUBLIC HEALTH NURSES: continued

D. Crane, R.N., B.Sc.N.
K. Davidson, R.N., B.Sc.N. (terminated June/85)
L. Demmans, R.N., B.Sc.N.
C. Dybvig, R.N., B.Sc.N. (began Aug/85)
H. Forbes, R.N., B.Sc.N.
S.L. Goldie, R.N., B.Sc.N.
I. Grzesina, R.N., B.Sc.N.
D. Hartung, R.N.
G. Hebert, R.N.
E. Helfrich, R.N., B.Sc.N.
Sister R. Herle, R.N., B.Sc.N.
S. Hinds, R.N., B.Sc.N. (began Feb/85)
N. Hunter, R.N., B.Sc.N.
A. Ilg, R.N., B.Sc.N. (terminated Feb/85)
G. Kambeitz, R.N.,Bc.N. (began June/85)
N. Kot, R.N., B.Sc.N.
T. Leon, R.N., B.Sc.N.
E. Love, R.N.
E. MacDonald, R.N.
K. MacDougall, R.N., B.Sc.N. (terminated March/85)
C. MacLeod, R.N., B.Sc.N. (began May/85)
A. Mario, R.N., B.Sc.N.
G. Milos, R.N., B.Sc.N.
P. Pauls, R.N., Dip. P.H.N. (terminated May/85)
V.M. Peterson, R.N., B.Sc.N.
M. Roth, R.N.
K. Schick R.N., B.Sc.N.
A. Soloduk, R.N., B.Sc.N.
J. Tarr, R.N., B.Sc.N.
P. Totton, R.N., B.Sc.N. (began July/85)
D. VanBeselaere, R.N., B.Sc.N. (began Mar/85)
B. VanWachem, R.N., B.Sc.N. (began Nov/85)
N. Wong, R.N., B.Sc.N. (terminated June/85)
N. Wurtz, R.N., B.Sc.N. (began Oct/85)

Public Health Nurse
(Native Program) D. Wilde, R.N. (began Apr/85)

Native Community Health Workers
P. Thomson, C.H.R.
B. Smith, C.H.R.

Casual Staff:
M. Fahlman, R.N., B.Sc.N.
D. Ingham, R.N., B.N.
S. Kyrylchuk, R.N., B.Sc.N.
C. Oxelgren, R.N., Dip.P.H.N.
J. Rennie, R.N., B.Sc.N.
S. Wawro, R.N., B.Sc.N.

NUTRITION DIVISION

NUTRITIONIST: E.R. Vawter, B.Sc. H.E., P.Dt.

ASSISTANT NUTRITIONIST: J.S. Charlton, B.S.H.Ec., P.Dt.
(terminated Feb/85)
E. McLelan, B.A.Sc., P.Dt.
(began Feb/85)

BIOSTATISTICS DIVISION

BIOSTATISTICIAN: L. Greaves, B.A., Dip. Ed.

QUIT FOR GOOD: Instructor, Physician, Psychologist
(Casual Staff)

BUSINESS OFFICE

CHIEF CLERK: C.J. Lewis

STENOGRAPHIC AND CLERICAL STAFF:
C. Balaski
S. Bien
S. Carlston
M. Edwards
R. McLennan
M.M. Poncsak
D.M. West
E.E. Wolbaum
N. Martinez (casual)

CARETAKERS:
G. MacDonald
F. Medernach
R. Shea

REPORT OF THE MEDICAL HEALTH OFFICER

For each year that passes by there are memories, aspirations and expectations, innovations and achievements and even disappointments. The year 1985 was no exception. There were examples of all these elements as this report will reveal.

A set of goals and objectives forms the bedrock upon which programs and services are built. A hard working knowlegeable staff and the necessary budget are the means of achievement.

BUDGET

In 1985, the Health Department budget was $2,602,200 and the population 175,159. Thus the per capita cost for preventive health services was $14.85. Of this, 26.2% was funded by Saskatchewan Health grants and the remainder by the city.

HEALTH GRANT

Both Saskatoon and Regina have long had concerns regarding deficiencies in the provincial health grant. They relate to the inequities of financial support compared with the rest of the province and the fact that the two cities have some special problems because of size. Thus a joint brief requesting redress was presented on April 18, 1985, by the two mayors and their officials to the Minister of Health. This was favorably received and negotiations took place during the fall amongst teams of officials from the cities of Regina and Saskatoon and Saskatchewan Health administrators. A document with an implementation strategy for increased funding over the next five years was produced for ratification by the two city councils and Health Minister. This received approval by those concerned. However, the Minister of Health has communicated that implementation will be deferred until 1987-88 to be more in keeping with the Government's planning priorities. Although we welcome the expected increase, we were disappointed in the delay.

FLUORIDATION

Late in 1984 it became evident a citizens group was interested in achieving fluoridation of Regina's water supply. They worked hard, both to have the question placed on the ballot for the October 23 election and for a positive vote. The Health Department budgeted $12,500 in order to provide Regina citizens with accurate scientific information on fluoride and fluoridation, and to create awareness that the question was on the ballot. Unfortunately a determined group of antifluoridationists were again very active in the city, and were able to create enough doubts so that the vote was 31,279 to 25,214 against. This is the fourth plebiscite in Regina on this question since 1954. It is most unfortunate that this proven and beneficial public health measure has been once again voted down.

SENIORS WELLNESS CLINIC

At the July 4, 1984 Board of Health and Social Planning meeting, a resolution of the Regina Council on Aging was adopted which requested that seniors health screening clinics be established in cooperation with seniors groups. Subsequently, the Health Department entered into discussions with various groups. The result was that in November, after much planning, a project was inaugurated sponsored by the Health Department's Public Health Nursing Division, the Victorian Order of Nurses, the Cathedral Area Wellness Group, and partially assisted by funding from New Horizons--a Health and Welfare Canada Program. Services offered include health assessment, counselling, and health screening for individuals and health presentations for groups a half day each week. Since the program is a nine-month pilot project and will be assessed in the fall of 1986, an evaluation mechanism was built in. The fact that four government and volunteer agencies developed this program is a very positive step.

NATIVE HEALTH

Regina has a significant number of natives. Several years ago the Mayor's Task Force on Indian and Metis Initiatives made a number of recommendations designed to improve native health. Several of these pertained to staff. Thus since 1982, the Health Department has had two native community health workers on staff initially in casual positions but made permanent in 1984. During 1985, there was approval of a native Registered Nurse position. It is hoped this new staff person will increasingly take an active liaison role with the native community and will have a supervisory role for native community health workers. It is important that health programming is responsive to needs, but, as well, there must be improvements to housing and socio-economic policies appropriate to foster well being.

PRIVATE CARE HOMES

The matter of unregulated nursing care homes accommodating 4 to 14 persons has been and continues to be a concern to the Health Department and the City. Provincial legislation requirements can only be met by institutions. City bylaw coverage can only regulate those homes with three or fewer guests. Thus homes with 4 to 14 guests remain unlicensed and essentially unmonitored. Continuing discussions have taken place with the Provincial Health Department over the years without resolution. Therefore, the Minister of Health's discussion paper released June, 1985 on licensing and monitoring of private care homes was welcomed. The paper was reviewed by the Health Department with input from the Planning and Buildings and Properties Departments as well as Regina Assessment and Placement Service and social workers. A report was forwarded to the Minister urging early appropriate legislation and regulations, ongoing support services, and patient subsidization as for special care homes, and provision for the financial and staff support for a regulatory agency to operate effectively.

MACKENZIE INFANT CARE CENTRE

The Mackenzie Infant Care Centre Board worked very hard to establish a care facility for infants of young teenage mothers who need to complete their secondary education. The Board of the organization and the Junior League have been seeking funds. The Board has members from a broad representation of the community including the Balfour Tutorial Public Health Nurse and the Medical Health Officer. It was a very happy day in December when the centre received the news of funding from the Gannet Foundation through Mediacom. Further efforts continue in order to acquire the additional funds to allow the centre to begin operation sometime in 1986.

SMOKING BYLAW

Efforts continue to encourage smoking cessation and to promote a smoke free environment and workplace in as fa: as possible. The department is in favor of smoke-free areas being provided in larger restaurants and in disseminating knowledge to encourage application of the smoking bylaw. Funds will be requested in the 1986 budget for the purpose of promoting the public's awareness of the bylaw and smoking cessation support particularly for pregnant women.

COMMUNICABLE DISEASE CONTROL

Again in 1985 there were no cases of measles, diphtheria, polio, pertussis, tetanus or typhoid reported.

Details regarding specific diseases are outlined in the section on immunization and communicable disease control. The department has been involved in preparing detailed information sheets to be provided to parents whose children receive immunization from the department. These will be ready in the new year.

The pediatric consultant and nursing staff have been involved in developing protocols for use in the follow-up of communicable diseases reported to the department.

COMPUTERIZATION

In 1985 approval of a Wang computer and word processor has increased efficiency and provided us with a tool allowing increased potential for statistical analysis and program evaluation.

REGINA'S WATER

The greatly improved quality of Regina's water, thanks to the Activated Charcoal Filter at Buffalo Pound, resulted in a dramatic reduction in complaints received by the Health Department.

HEALTH PROMOTION

Knowledge of good health practises is not sufficient. Individuals must not only know what is good but must have the motivation and committement to conduct their lives in such a way as to promote optimal health. Health Department staff are committed to promoting these activities. Thus a good percent of time is spent in interaction with individuals and groups as well as dissemination of knowledge with the help of the media. Examples are prenatal classes, food handlers and swimming pool operator's classes, talks by all staff to a variety of community groups, smoking cessation classes, to name only a few.

PROFESSIONAL ACTIVITIES

Many staff members are active participants in professional organizations and some serve on executives as well.

The Medical Health Officer met with other major western cities medical health officers in Calgary in October where discussions of mutual concern took place relating to AIDS, smoking cessation in the work place, water quality, daycare and other administrative matters.

1985 has been a busy year for all staff. The foregoing outlines only the highlights during 1985. Details appear in individual sections.

Finally, I once again express my appreciation to the Health Department staff for their enthusiastic, professional and committed participation in providing preventive health services to Regina citizens. I wish also to express my thanks to City Council, the City Administration, the media and the community in general for their overall support in 1985.

Respectfully submitted,

P. A. Hutchison

P. A. Hutchison, M.D.,F.R.C.P(C)
Medical Health Officer

MEDICAL AND PEDIATRIC SERVICES

In 1985, medical and pediatric services were again provided by a pediatrician.

The pediatrician provides direct clinical services to mothers and their children and telephone consultative services to staff members, private practitioners, and other professionals relating to communicable disease control and public health programs.

Direct clinical services continued to be offered twice weekly. During 1985, 425 children were examined. Of these, 56 required referral to a private physician or community agency. Reasons for referral were as follows:

Articulation and/or language delay	21
Otitis media	5
Respiratory problems	4
Failure to thrive	3
Skin problems	3
Behavior problem	2
Developmental delay	2
Premature thelarche	2
Thrush	2
Hearing deficit	1
Strabismus	1
Miscellaneous medical	10

An increase in incidence of Hepatitis A infection resulted in increased demands for consultative services. The number of cases of Hepatitis A rose to 67 in 1985 from 34 reported in 1984. In addition, three day care facilities experienced outbreaks. Numerous requests for information were made by the general public. Private practitioners sought advice in managing contacts and our nursing staff requested assistance in dealing with outbreaks in day care.

Hepatitis B infections and the carrier state, a number of whom were pregnant, also incurred in 1985. Not only did this add to the demands for information and advice, but it required the development of a system whereby the Health Department was notified of these births, and the development of a follow-up program to insure completion of the vaccination series was necessary.

A major project begun in 1985 was a review and updating of the communicable disease manual. Improved epidemiological forms for investigating enteric infections and Hepatitis were developed, information handouts on diarrheal diseases were reviewed and updated, and guidelines in the form of algorithms for the management of outbreaks of diarrheal disease and Hepatitis were developed.

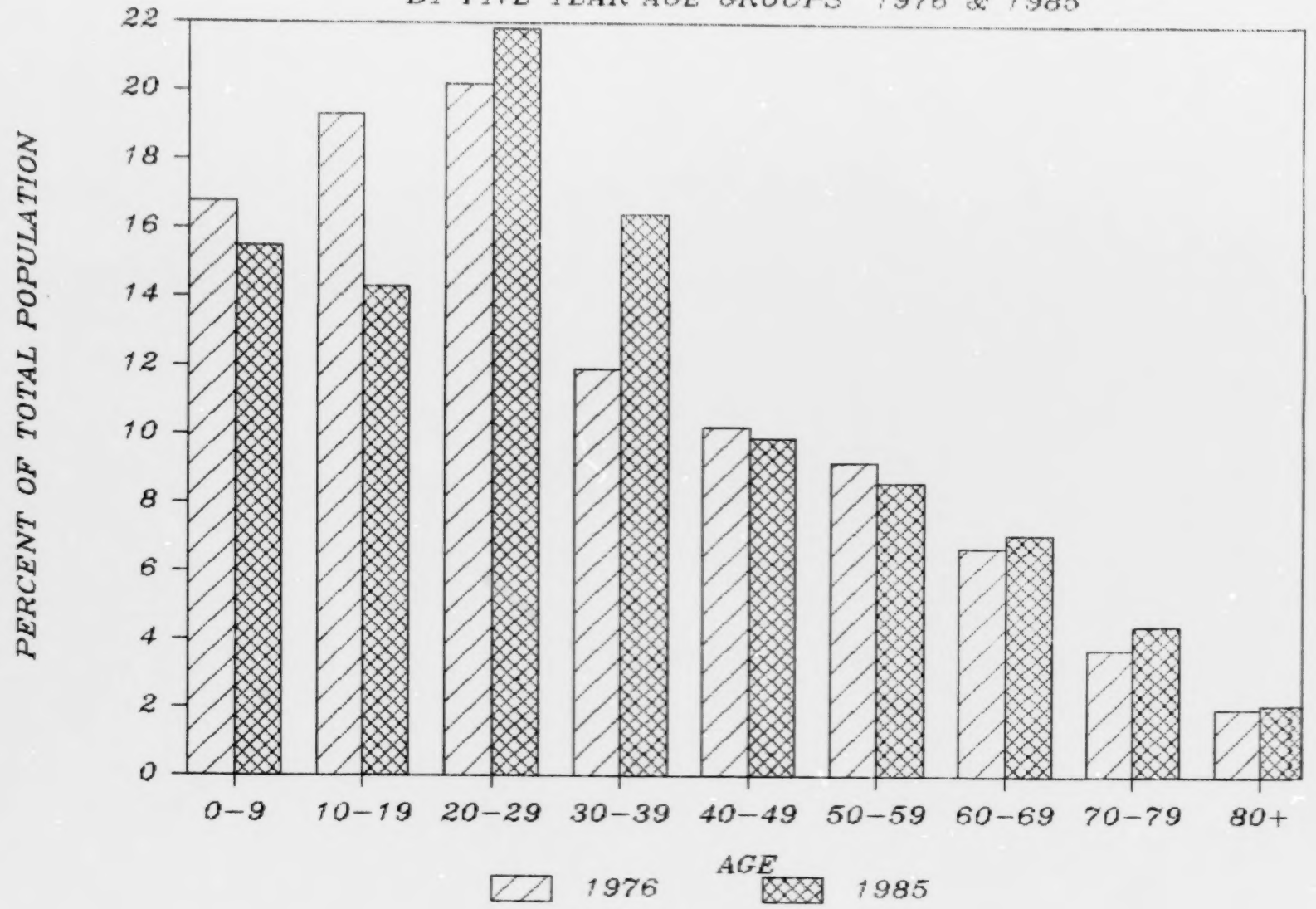
HEALTH STATISTICS

SUMMARY OF HEALTH STATISTICS
FOR THE CITY OF REGINA - 1985

POPULATION	175159
Increase from 1984	1.6%
BIRTHS (residents)	3205
Birth rate per 1000 population	18.3
DEATHS (residents)	1117
Rate per 1000 population	6.4
NATURAL INCREASE	2088
Rate per 1000 population	11.9
INFANT MORTALITY	33
Rate per 1000 livebirths	10.3
NEONATAL MORTALITY	23
Rate per 1000 livebirths	7.2
PERINATAL MORTALITY	27
Rate per 1000 livebirths and stillbirths	8.4
STILLBIRTHS	8
Rate per 1000 livebirths	2.5

POPULATION OF REGINA

BY FIVE YEAR AGE GROUPS 1976 & 1985



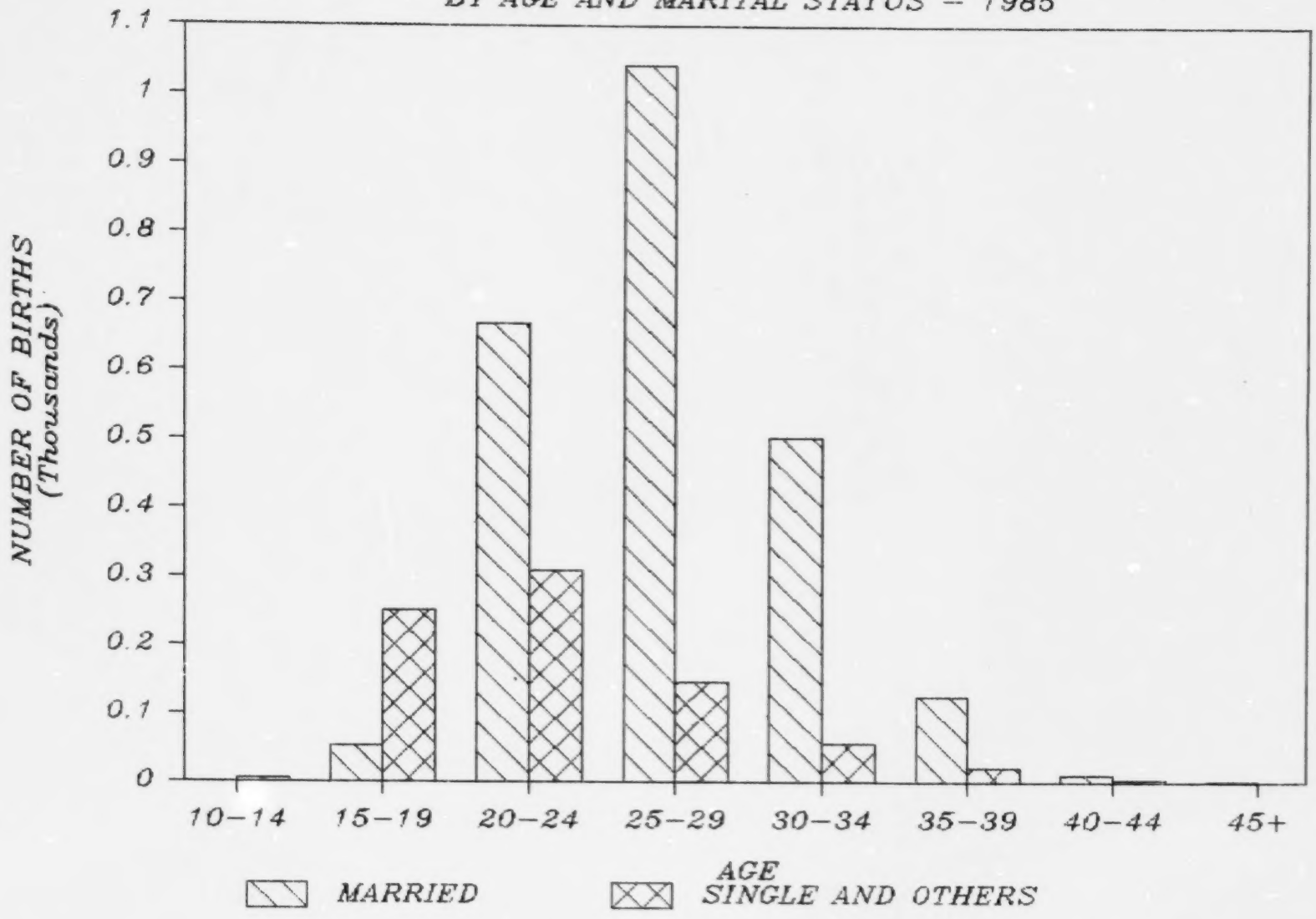
POPULATION OF REGINA
BY FIVE YEAR AGE GROUPS AND SEX - 1985*

AGE GROUP	POPULATION MALE	FEMALE	TOTAL	PERCENT MALE	FEMALE	TOTAL PERCENT
Under 1	1456	1374	2830	0.8	0.8	1.6
1-4	5827	5488	11315	3.3	3.1	6.5
5-9	6649	6330	12979	3.8	3.6	7.4
10-14	6237	5952	12189	3.6	3.4	7.0
15-19	6577	6294	12871	3.8	3.6	7.3
20-24	9406	9817	19223	5.4	5.6	11.0
25-29	9517	9390	18907	5.4	5.4	10.8
30-34	8172	7815	15987	4.7	4.5	9.1
35-39	6449	6368	12817	3.7	3.6	7.3
40-44	4639	4619	9258	2.6	2.6	5.3
45-49	4006	4028	8034	2.3	2.3	4.6
50-54	3833	3835	7668	2.2	2.2	4.4
55-59	3575	3778	7353	2.0	2.2	4.2
60-64	3183	3655	6838	1.8	2.1	3.9
65-69	2438	3137	5575	1.4	1.8	3.2
70-74	1849	2672	4521	1.1	1.5.	2.6
75-79	1232	1936	3168	0.7	1.1	1.8
80-84	707	1273	1980	0.4	0.7	1.1
85-89	337	678	1015	0.2	0.4	0.6
90-94	137	330	467	0.1	0.2	0.3
95+	46	118	164	.0	0.1	0.1
TOTAL	86272	88887	175159	49.3	50.7	100.0

* Source: S.H.S.P. Covered Population

REGINA BIRTHS

BY AGE AND MARITAL STATUS – 1985



DEATHS OF INFANTS IN FIRST YEAR OF LIFE

	1985	1984	1983	1982	1981	1980	1979	1978	1977	1976
Total Number of Infant Deaths	33	35	33	27	22	29	27	27	36	28
Infant Mortality Rate per 1000 livebirths	10.3	11.0	10.9	8.9	7.7	9.8	9.0	9.7	13.0	10.0

REGINA BIRTH AND DEATH RATES - 1976 to 1985

YEAR	LIVEBIRTH RATES (per 1000 population)	STILLBIRTH RATES (per 1000 livebirths)	PERINATAL MORTALITY RATES (per 1000 livebirths and stillbirths)	NEONATAL MORTALITY RATES (per 1000 livebirths)	CRUDE DEATH RATES (per 1000 population)
1976	18.2	7.2	15.4	8.9	6.1
1977	17.7	7.6	13.6	8.3	5.7
1978	17.4	8.7	15.0	7.9	6.2
1979	18.8	6.0	9.6	5.7	5.9
1980	18.5	6.7	12.0	6.1	5.7
1981	17.6	7.3	11.7	5.9	5.4
1982	18.3	6.6	10.2	4.9	6.1
1983	17.9	6.6	13.4	7.9	5.9
1984	18.5	6.3	11.9	7.2	6.3
1985	18.3	2.5	8.4	7.2	6.4

Infant Mortality - Death of infants less than one year of age
Perinatal Mortality - Deaths of infants less than one week of age plus stillbirths
Neonatal Mortality - Deaths of infants less than one month of age

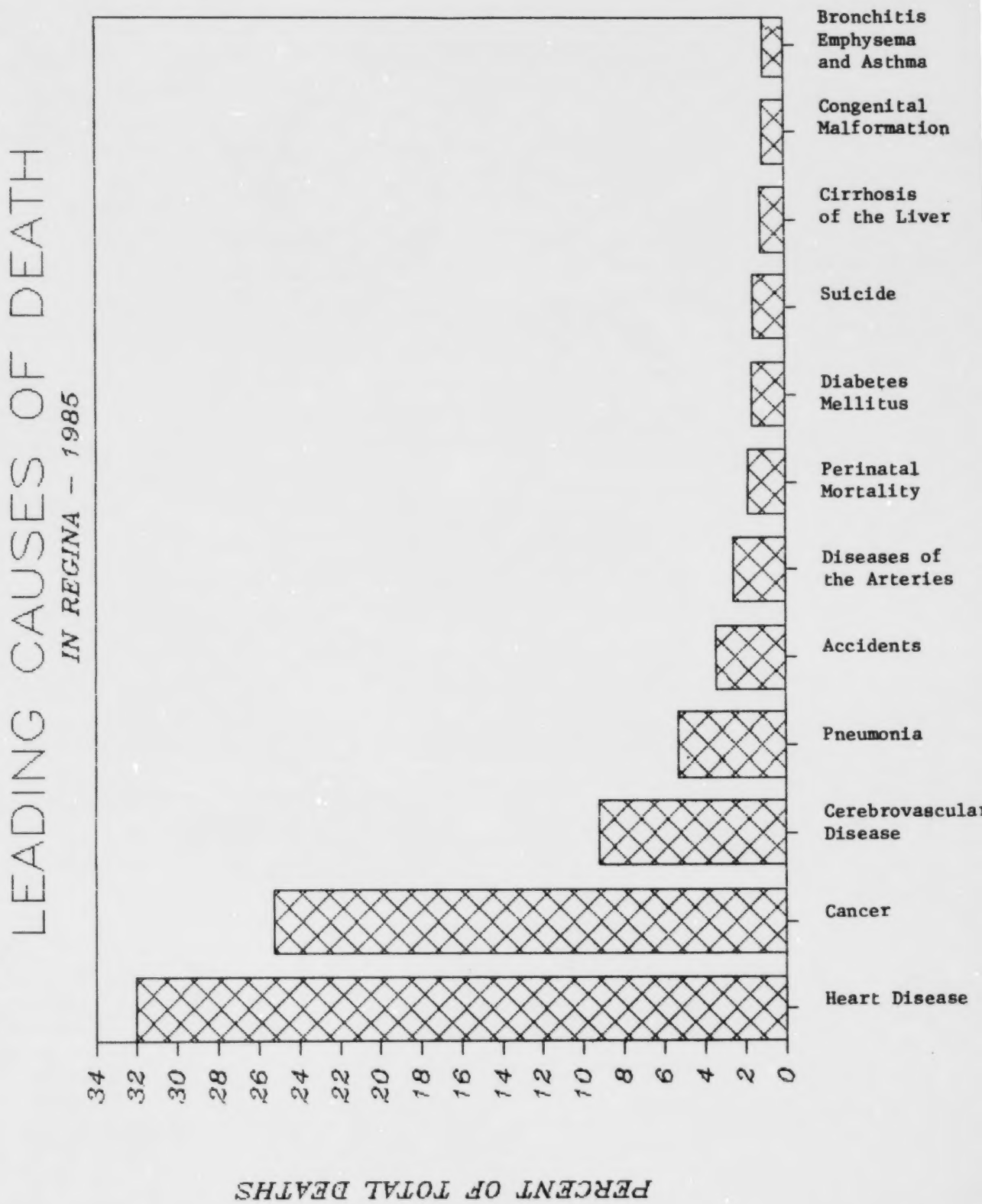
REGINA BIRTHS

BY AGE AND MARITAL STATUS OF MOTHER - 1985

AGE	MARITAL STATUS		TOTAL BIRTHS	
	MARRIED	SINGLE AND OTHERS	NUMBER	PERCENT
10-14	0	5	5	0.2
15-19	51	251	302	9.4
20-24	667	308	975	30.4
25-29	1042	145	1187	37.0
30-34	502	55	557	17.4
35-39	124	20	144	4.5
40-44	10	3	13	0.4
45+	1	0	1	.0
UNKNOWN	4	17	21	0.7
TOTAL	2401	804	3205	100.0
PERCENT OF TOTAL BIRTHS	74.9	25.1		

LEADING CAUSES OF DEATH IN REGINA - 1985

Cause of Death	Number	Percent of Total Deaths
Heart disease	358	32.1
Cancer	282	25.3
Cerebrovascular disease	103	9.2
Pneumonia	59	5.3
Accidents	38	3.4
Diseases of the arteries	28	2.5
Certain causes of perinatal mortality	20	1.8
Diabetes mellitus	18	1.6
Suicide	17	1.5
Cirrhosis of the liver	13	1.2
Congenital malformation	12	1.1
Bronchitis, emphysema, asthma	11	1.0
Other causes	158	14.2
TOTAL	1117	100.2


LEADING CAUSES OF DEATH
IN REGINA - 1985
Bronchitis Emphysema and Asthma
Congenital Malformation
Cirrhosis of the Liver
Suicide
Diabetes Mellitus
Perinatal Mortality
Diseases of the Arteries
Accidents
Pneumonia
Cerebrovascular Disease
Cancer
Heart Disease
34 32 30 28 26 24 22 20 18 16 14 12 10 8 6 4 2 0
PERCENT OF TOTAL DEATHS

CASES OF COMMUNICABLE DISEASES
REPORTED IN REGINA 1984-1985

	1985		1984	
	NUMBER	RATE*	NUMBER	RATE*
Campylobacteriosis**	29	16.6	10	5.8
Diphtheria-Cases	0	0.0	0	0.0
-Carriers	0	0.0	0	0.0
Food Poisoning	56	32.0	169	98.1
Gastroenteritis	383	218.7	445	258.2
Giardiasis	27	15.4	57	33.1
Hepatitis A	67	38.3	34	19.7
Hepatitis B	23	13.1	9	5.2
Hepatitis B Carrier	19	10.8	4	2.3
Hepatitis - Unspecified	20	11.4	2	1.2
Influenza	1	0.6	0	0.0
Measles	0	0.0	0	0.0
Meningitis (Bacterial)	6	3.4	5	2.9
Meningococcus	0	0.0	0	0.0
Haemophilus	5	2.9	3	1.7
Pneumococcus	1	0.6	0	0.0
Other	0	0.0	2	1.2
Mumps	8	4.6	5	2.9
Parasitic Skin Disease	345	197.0	358	207.7
Other Parasitic Diseases	1	0.6	30	17.4
Paratyphoid	0	0.0	0	0.0
Pertussis (Whooping Cough)	0	0.0	0	0.0
Rubella	2	1.1	2	1.2
Salmonellosis	48	27.4	92	53.4
Shigellosis (Bacillary Dysentery)	10	5.7	13	7.5
Tuberculosis-Respiratory	2	1.1	5	2.9
-Other	0	0.0	0	0.0
Typhoid	0	0.0	0	0.0
Venereal Disease - Gonorrhea	356	203.2	347	201.3
- Ophthalmia Neonatorum	0	0.0	0	0.0
- Syphilis	7	4.0	4	2.3
- Herpes genitalis**	26	14.8	8	4.6
- Chlamydial infection**	289	165.0	17	9.9
- Urethritis unspecified	15	8.6	23	13.3
- A.I.D.S.**	3	1.7	0	0.0
Viral Meningitis - Encephalitis	7	4.0	39	22.6
Western Equine Encephalitis	0	0.0	0	0.0
POPULATION	175159		172340	

* Rate per 100,000 population
** For 1984, cases since August.

CASES OF GONORRHOEA AND SYPHILIS
in Regina by Age and Sex - 1985

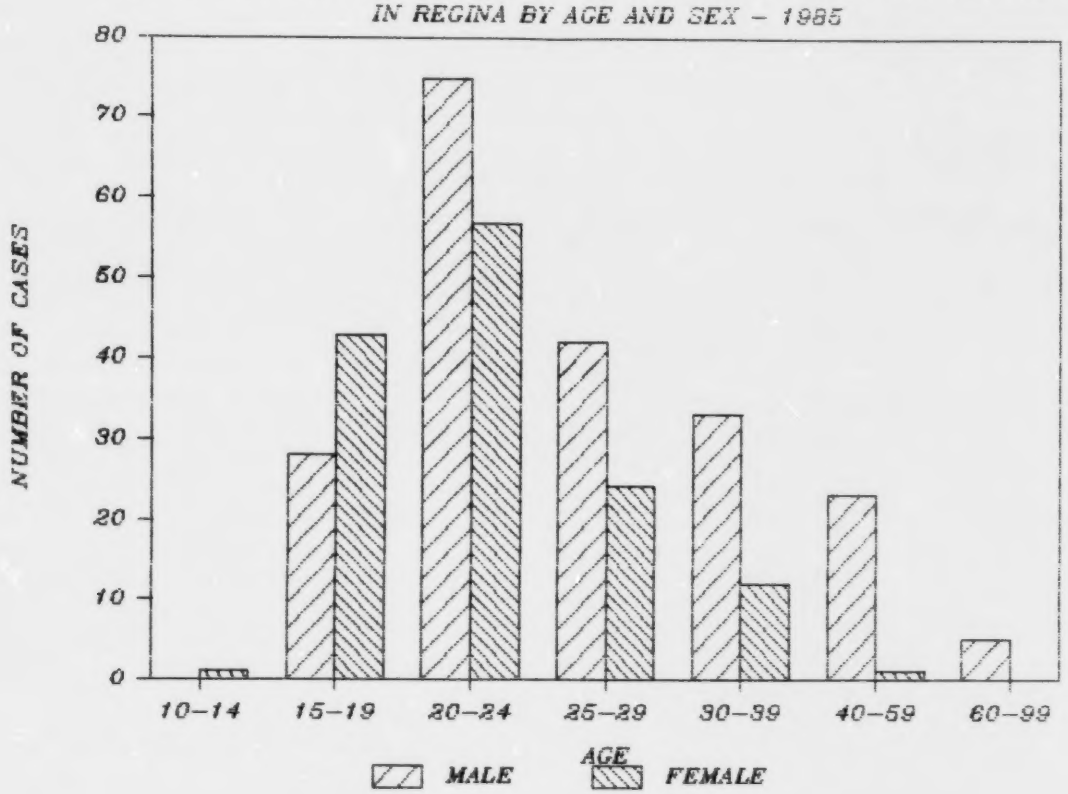
AGE	MALE	FEMALE	TOTAL	PERCENT
10-14	0	1	1	0.0
15-19	28	43	71	19.4
20-24	75	57	132	40.2
25-29	42	24	66	18.8
30-39	33	12	45	12.3
40-59	23	1	24	6.3
60-99	5	0	5	0.6
Unknown	7	12	19	2.6
TOTAL	213	150	363	100.0
PERCENT	58.7	41.3		

CASES OF CHLAMYDIA IN REGINA
By Age and Sex - 1985

AGE	MALE	FEMALE	TOTAL	PERCENT
10-14	0	1	1	0.4
15-19	4	45	49	17.0
20-24	51	61	112	38.8
25-29	35	22	57	19.7
30-39	25	11	36	12.5
40-59	5	3	8	2.8
60-99	1	0	1	0.4
Unknown	10	15	25	8.7
TOTAL	131	158	289	100.3
PERCENT	45.3	54.7		

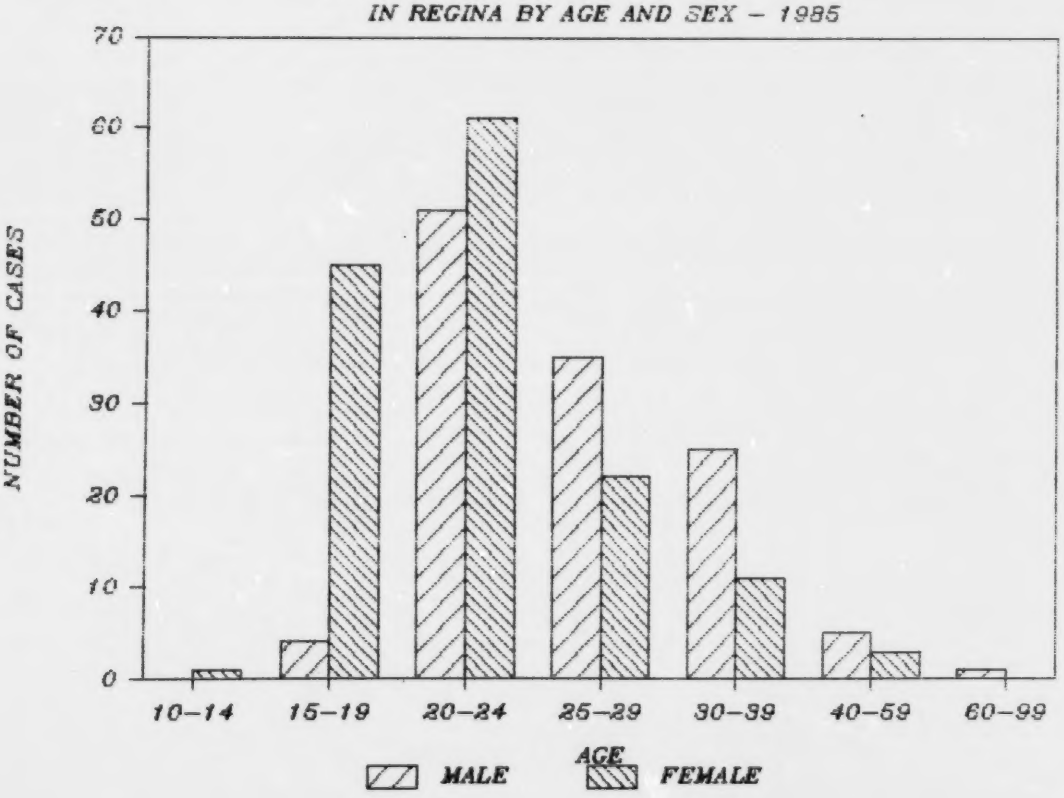
CASES OF GONORRHOEA AND SYPHILIS

IN REGINA BY AGE AND SEX – 1985



CASES OF CHLAMYDIA

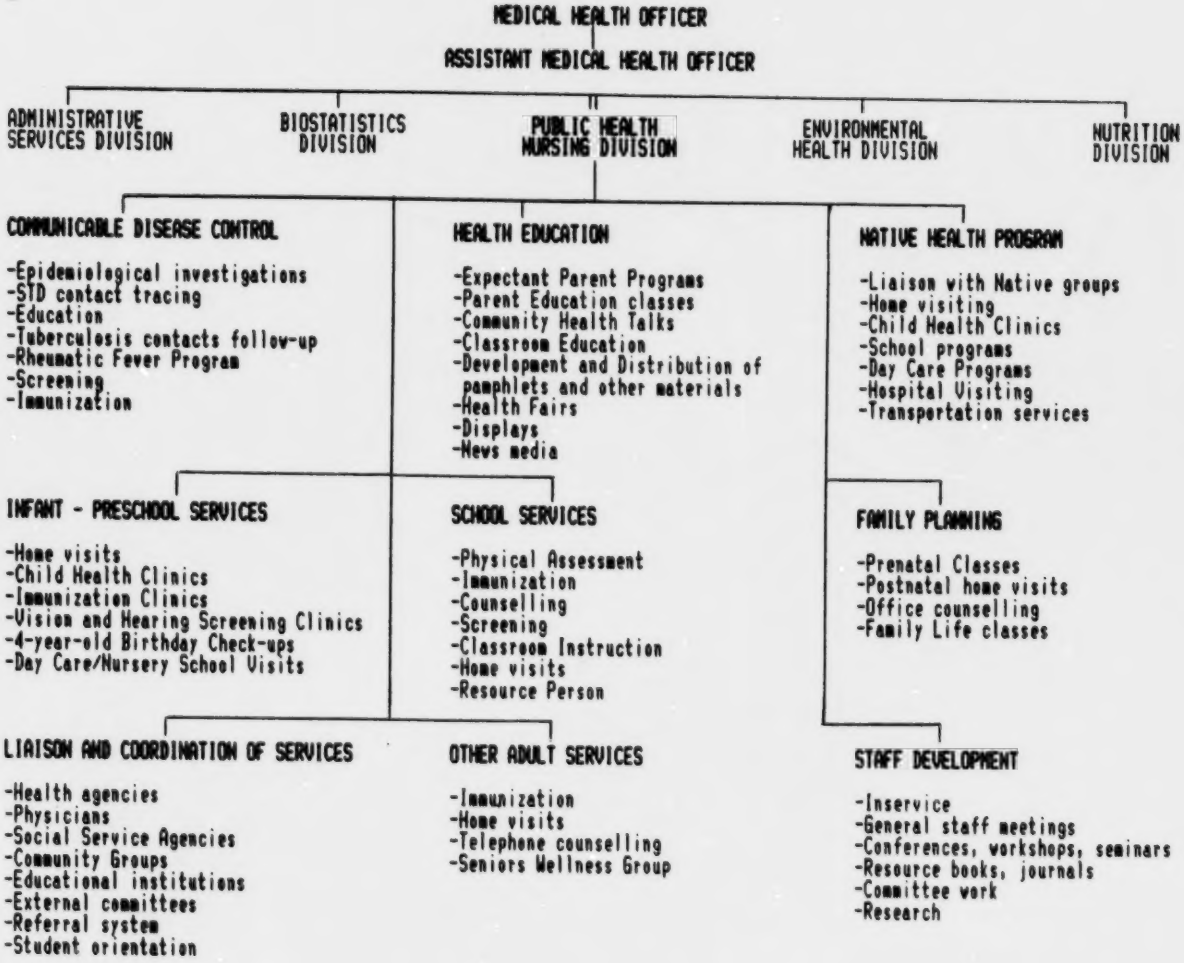
IN REGINA BY AGE AND SEX – 1985



DIVISION REPORTS

Nursing Division

CITY OF REGINA HEALTH DEPARTMENT - PUBLIC HEALTH NURSING DIVISION - FUNCTIONAL ORGANIZATIONAL CHART



Services are provided in the community at schools, homes, church or other halls, hospitals, daycares, nursery schools, community agencies and health department offices.

PUBLIC HEALTH NURSING DIVISION

The Public Health Nursing Division employed 39 nurses this year, serving a population of 175,159. Positions include one nursing director, three assistant directors, 30 community nurses, three nurses whose main focus is immunization, one nurse assigned to the sexually transmitted diseases program and to do tuberculosis surveillance throughout the city, and one new position - Public Health Nurse -- Special Programs. As well, two native Community Health Workers are attached to the Nursing Division. Resignations numbered 8, for a 20% turnover rate, largely due to spousal job transfers.

NEW PROGRAMS, PROJECTS AND ACTIVITIES:

1. A Public Health Nurse -- Special Programs, was hired in April and became permanent on July 31, 1985 after a 15 week training period which was funded by Saskatchewan Advanced Education and Manpower, Native Services Branch. Her function is to work actively in the native community, and to supervise the two Community Health Workers.

2. The first Seniors' Wellness Clinic was held for the Cathedral Area Wellness Group on November 7, 1985 with the Official Opening held December 5. This nine month pilot project is co-sponsored by the Regina Health Department and the V.O.N., with funding from the New Horizon's program. The Clinic, held weekly, serves the seniors from the Cathedral community through screening, counselling and health education.

3. Four-year-old birthday checkups commenced in January 1985, replacing summer assessments of 3 1/2 to 4 1/2 year old children. Approximately 70% of the eligible 1981 birth population took advantage of this opportunity for screening vision, hearing, development, speech, general health and for updating immunization.

4. Various pamphlets, information sheets and policies were developed: Fever Control Sheet; P.H.N. Role in Elementary Schools (revised); Hepatitis A/B Epidemiological Investigation Form; Protocol and Follow-up of Newborns of Hepatitis B Surface

Antigen Positive Mothers; Policy re: Vaccine Lot Numbers and Signature Recording; Prenatal Class Pamphlet; Prenatal Refresher Class Philosophy and Objectives, and Making Plans for Your Baby's Birth.

5. A Heart Fair was held at four Regina schools, with four public health nurses participating. Students visited four stations: Anatomy and Physiology, Nutrition, Smoking and Exercise.

6. The scoliosis screening program was discontinued following discussion with Saskatchewan Health and based on a provincial evaluation. Screening is still done on any student who has a family history of scoliosis or a sibling with scoliosis.

INFANT AND PRESCHOOL SERVICES

Child Health Clinics

After the closure of Dieppe Clinic in February, 21 Child Health Clinics were offered at 15 locations throughout the city. Public health nurses provide services primarily to infants and preschoolers at these clinics, including screening for health problems (vision, hearing, physical and emotional development) and immunization. Parents receive counselling, and referrals are made to physicians and other agencies. Pediatrician Consultant Clinics are available by appointment.

	1982	1983	1984	1985
No. of Visits	10,137	10,809	11,701	11,521
No. of clinic sessions	605	616	637	647
Average attendance	17	18	18	18

Of the 11,521 visits made, 6,717 were infants, 4,593 were preschoolers and 211 were school-aged children. Immunization was included in 82% of the all clinic visits. Branch Office continues to be a popular site, with 6,403 visits made which represents 55% of all child health clinic visits in the city. Detailed child health clinic statistics are found on page 37.

Four Year-Old Birthday Checkups

This program began in 1985 to replace the assessment of 3 1/2 to 4 1/2 year olds previously done during the summer. Regina parents receive a letter just before their child's fourth birthday, inviting them to make an appointment for the checkup which includes screening for vision, hearing, speech, development and general health. Immunization is given if required. A total of 1,672 assessments were done this year.

Preschool Vision and Hearing Screening Program

Vision and Hearing Screening is available to children between the ages of three to five years. These clinics are now less utilized due to the comprehensive outreach of the four year old Birthday Checkups. Vision screening was done for 288 preschoolers, with 29 receiving a repeat screening. Previously known defects numbered 6. Referrals numbered 36. Audiometer screening was done for 313 preschoolers, with 53 receiving a repeat screening and 52 being referred.

Day Care Centres and Nursery Schools

Nurses made 49 visits to day care centres and 10 to nursery schools. Activities included vision and hearing screening; communicable disease screening and investigation (102 children), health teaching, and other health concerns.

Home Visits

Health information and counselling is also available to the parents of infants and preschoolers through home visits.

	1982	1983	1984	1985
Number Infant Visits	4,354	4,357	4,074	3,871
Number Preschooler Visits	2,141	1,940	1,887	1,688

SCHOOL SERVICES

Public health nurses allot 38% of their work time to the city's 113 schools. This year, one new elementary school opened (MacNeill), one high school closed (Central) and two high schools were opened: (Michael A. Riffel and F. W. Johnson). Regina now has 94 elementary, 15 high and 4 private schools. The nurses' role in health education continues to be important. This year, classroom instruction included the following topics: Child Abuse, Role of the Public Health Nurse, Nutrition, Family Life, Sexually Transmitted Diseases, Health and Fitness, Decision making, First Aid, Breast Self-examination, Vision and the Ear and Hearing Disorders.

SCHOOL SERVICES OFFERED 1983 - 1985

Service	Number of Recipients		
	1983	1984	1985
Physical Assessment	2,338	3,093	2,592
First Aid	3,013	2,939	2,933
Immunization	6,307	5,524	4,707
Student Counselling (general)	3,872	4,003	4,167
Pregnancy Counselling			
First Contact	95	85	115
Follow-up	229	278	187
Parent Counselling	3,683	3,722	3,791
Teacher Counselling	4,673	4,682	4,980
Screening Procedures			
Hearing-first this year	7,207	7,071	7,250
-repeat this year	1,197	1,011	863
-referred	397(6%)	309(4%)	268(4%)
Vision -first this year	20,828	16,562	16,393*
-repeat this year	2,855	1,917	2,390
-referred	1,268(6%)	968(6%)	1,137(7%)
Scoliosis-screened	3,251	2,940	448
-referred	179(6%)	128(4%)	33(7%)
Communicable Diseases	3,627	5,395	3,760
Classroom Instruction			
Number of Sessions	443	481	462
Number of Students	10,901	12,717	10,119

*Trained parent volunteers did initial vision screening for 6,383 students.

In addition to the services listed in the above tables, 872 home visits were made concerning school children. A further 669 school children received services at immunization or child health clinics.

HEALTH EDUCATION PROGRAMS

Expectant Parent Programs

During 1985, 30 public health nurses offered 523 classes at 5 locations throughout the city, including both our Central and Branch offices, the Plains and Pasqua Hospitals, and Balfour Special Tutorial School. Participants included 887 mothers, 725 fathers and 113 coaches.

Teens who continue their education during pregnancy at Balfour Special Tutorial numbered 81. Each received an average of 10 prenatal classes in addition to her regular school work. All early bird and regular series consist of 6 classes with the exception of Pasqua Hospital which has 7 classes. The refresher program consists of 3 classes. All series include a hospital tour.

PRENATAL SERIES AND CLASSES

	1982	1983	1984	1985
Early Bird "Part A"				
Number of Series	35	35	36	26
Number of Classes	70	70	72	52
Early Bird "Part B"				
Number of Series	31	35	35 1/4	30
Number of Classes	124	140	141	120
Regular Classes				
Number of Series	33	33	36	40
Number of Classes	198	204	222	249
Single Mothers				
Number of Series	3	4	4	3
Number of Classes	18	24	24	18
Balfour Special Tutorial				
Number of Series	5	5 1/4	5 1/2	5 1/2
Number of Classes	54	53	55	54
Refresher				
Number of Series			2	10
Number of Classes			6	30

PRENATAL CLASSES AND ENROLLMENT

Total	1982	1983	1984	1985
Number of Classes	470	491	520	523
Female Enrollment	931	896	1,037	887
Single Females	184(20%)	229(26%)	239(23%)	211(24%)
Male Enrollment	719	659	835	725
"Coach" Enrollment (Male and Female)	49	68	113	113
No.of Regina Births	3,033	3,033	3,185	3,205

Regina births this year numbered 3,205. Of this number, 887, or 28% attended Health Department classes. Prenatal teaching was also given at 156 home visits and 302 school counselling sessions involving 115 students. Births to single mothers numbered 804 (25.1%) of all births). Of these single women, 211, or 26.2% attended our prenatal classes.

No adoptive parent classes were taught this year due to lack of demand.

Are You An Askable Parent? Classes

These classes assist parents in communicating effectively with their children regarding sexuality and family living. Only one series of four classes was held, with 11 mothers and 3 fathers participating.

Health Talks to the Community

Talks were given to a variety of community groups on a wide range of health topics. Subjects, including child abuse, nutrition, sexually transmitted diseases, health and fitness, childhood diseases, pregnancy and alcohol, breast self-examination, accident prevention, fluoridation and family planning, were presented to groups such as peer counsellors, Saskatchewan Abilities Council, Federation of Saskatchewan Indians Youth Conference on Alcoholism, Adult learners (English As A Second Language, Upgrading), Day Care staff and parent groups, church groups, babysitting classes, and the Native Alcohol Centre.

	1982	1983	1984	1985
Number of Sessions	166	168	142	133
Number of Persons	2,305	2,095	2,440	2,378

COMMUNICABLE DISEASE CONTROL

Rheumatic Fever Program

This program continues to grow smaller as patients are discharged from the program. Clients are rheumatic fever patients who receive free penicillin or sulfadiazine to prevent recurrent infection. During 1985, 1 patient was admitted and 15 were discharged.

	1982	1983	1984	1985
Number of recipients at year end	65	48	48	34

Tuberculosis Control

Two active tuberculosis cases were reported in 1985. A total of 38 contacts were located, with 33 being examined at the tuberculosis clinic or by private physicians. A further 607 clients were notified who required follow-up examinations, with 519 being examined at the tuberculosis clinic or by private physician.

Sexually Transmitted Diseases

The reported number of cases of sexually transmitted diseases was 496. This included gonorrhea (356), chlamydial infections (89), herpes genitalis (26), urethritis unspecified (15), syphillis (7) and Aids (2). Notifications received for contact tracing numbered 294, with 225, or 77% being located and referred to the Public Health Clinic or their physician. A further 67 treated contacts were located for follow-up testing. School or community group instruction sessions numbered 22, with a total attendance of 275.

Other Communicable Diseases

Other communicable diseases requiring nursing investigation and follow-up included Hepatitis A (67), Hepatitis B (23), Hepatitis Unspecified (20), Salmonellosis (48), Shigellosis (10), plus Scabies and pediculosis.

	1982	1983	1984	1985
Home Visits	551	603	645	783
School Screening	2,560	3,627	5,395	3,760
Day Care/Nursery School	n/a	n/a	n/a	102

OTHER SERVICES

Family Planning

Birth Control information is integrated into many nursing programs. These include prenatal classes, postnatal home visits, office counselling and through Family Life classes and as a resource person to staff and students in various schools.

Home Visiting

Home visits present an opportunity for health teaching and supervision for a wide range of health concerns. During 1985, 6,964 visits were made in 7,612 hours. In addition to the reasons mentioned previously in this report, the following visits were made: Suspected Child Abuse (48), Sudden Infant Deaths (11), Adults (3,328), Senior Citizens (532), Boarding Care Homes (46), and visits to Refugees (92). The provincial Saskatchewan Aids to Independent Living (S.A.I.L.) program accounted for 1,650 referrals which led to 517 visits and 1,221 phone calls. A further 157 pieces of S.A.I.L. equipment were requested. Home visits to native families by nurses numbered 1,095 with a further 1,184 visits made by the community health workers for a total of 2,279 visits.

Referrals

Total referrals received were 3,113, an increase of 237 from last year. The largest area of referrals received were from S.A.I.L. (1,650), and nurse-to-nurse hospital referrals (1,244). Physicians made 14 referrals, Victorian Order of Nurses (V.O.N.) made 2, and 203 were received from other agencies. Referrals made by this division included 46 to V.O.N. or Home Care, with the Department of Social Services viewing 25 referrals for suspected child abuse plus 38 for other reasons.

Other Communications

Consulations with physicians and other health, education and social agencies numbered 2,179. A further 8,707 telephone consultations were held with the public.

Native Health Program

In April, a registered nurse of native origin was hired to work in the Nursing Divison. This position was created to enhance the professional qualifications of staff in our Native Health Program area. Our goal is to have this nurse take an active liaison role with native health agencies, identifying methods of health service delivery and educational programs to the native community, giving direct service to primarily native clientele, plus responsibility for coordinating and supervising the two Community Health Workers presently on staff. Following an intensive public health orientation, this nurse began her liaison role which included meeting with a large number of Regina native and non-native agencies, the formation of a steering committee with native community participation, and the assignment of specific duties: Child Health Clinic at St. Andrew's Church and Native Women's Association; Early Learning Centre teaching and assessments, and home visits to native families, by referral, on a variety of health concerns. Supervisory responsibility for the two Community Health Workers in this program is scheduled for 1986.

COMMUNITY HEALTH WORKER SERVICES

	1983	1984	1985
Attendance at Child Health Clinics	79	93	63
Assist at schools (1/2 days)	78	84	50
Home Visits			
Independent visits	719	1,158	1,159
Joint visits	n/a	44	25
Accompanied P.H.N.	35	67	41
Transported Clients			
To Child Health Clinics	65	64	94
To other appointments	20	72	57
Community Services			
Contact with Native groups	52	30	46
Visits to hospitals (postnatals)	120	127	146

Other Activities

The nursing division formed two new committees this year. The Family Life Committee first met in July with the goal of developing and assembling information

and visual aids pertinent to grades 5 and 6 puberty classes. A Child Abuse Committee was formed in November, with the objectives of formulating a department policy concering child abuse, to develop staff resource files on the topic, and to explore our present and potential role in the prevention of child abuse. Meetings held by committees and work groups were as follows: Nursing Administration (40), Procedure Manual (7), Immunization (9), Teams (12), Family Life (10), Pre-Natal (28), Pre-Natal Sub-Committee (3), Journal Club (1), Communicable Disease (18), Community Health Worker (2), Inservice (3), 3 1/2 to 4 1/2 year olds screening project follow-up (8), Health Education/Bulletin Boards (4), Seniors (1), Health Education Materials (1), and Child Abuse (3).

The Director of Nurses participated on the following external committees: Board of Directors and Personnel Committee of Mobile Crisis Inc.; Regional Early Childhood Co-ordinating Committee; Member-at-Large, Saskatchewan Registered Nurses Association Council; Chairperson, S.R.N.A. Discipline Committee; Member, S.R.N.A. Visibility Committee; Regina Child Abuse Prevention Committee; R.C.A.P.C. Awareness Week Sub-Committee; Department of Social Services Liaison Sub-Committee; and the Saskatchewan Public Health Nursing Administration Committee.

Each Assistant Director of Nursing also participated on some external committees. These included: Family Service Bureau Board plus Family Service Bureau Family Life, Wascana Home Care and Homemaking Committees; Perinatal Planning Committee; Merici Centre Board of Directors; Interagency Family Life Committee; Red Cross Advisory Committee; Family Life Advisory Committee of the Board of Education; United Way; Health Education Association of Saskatchewan and Suicide Prevention.

One staff nurse participated on the Regina Committee on Sexual Abuse and one on the MacKenzie Infant Care Board. Various staff were involved in the following outreach and displays; Youth Health Fair (Rainbow Youth Centre); Year of the Youth display at Cornwall Centre; Prenatal display at Sherwood Village Mall for Childbirth Awareness Week; Second Annual Health Fair, North Central Community Association;

Child Abuse Prevention Week displays at four malls, and at our Central and Branch offices; Media Conference concerning fluorides; Youth Alive '85, a health awareness conference for high school youth and three high school Careers Days.

Media involvement included the topics of child abuse on Q92 Lifestyles; Public Health Nursing on Live at Nine, and native health programs for Moonstar Productions.

A second school clerk was hired on a casual basis in February, to assist Public Health Nurses with the health related clerical work in the schools. Meetings were held with staff from Healthiest Babies Possible to establish a method for monitoring their Milk Supplement Programs, funded by City Council. A preventive health screening and education program was developed with staff of the Early Learning Centre, nursing administration and our native program's staff.

PROFESSIONAL EDUCATION

Nursing Students

Public Health nurses acted as field guides to students on 246 occasions. This included students from the College of Nursing, University of Saskatchewan (12 third year students and 4 post-R.N. students); 138 nursing diploma students from the Wascana Institute of Applied Arts and Science (W.I.A.A.S.), one immigrant physician attending the Community College English as a Second Language course, and one fourth year medical student. One Assistant Director of Nurses also met with W.I.A.A.S. students for 5 pre-conference and 4 post-conference sessions.

STAFF DEVELOPMENT

Each nurse and community health worker averaged 23 hours of inservice through 25 inservice sessions offered throughout the year. General staff meetings numbered 10. A total of 38 external workshops or seminars were attended, with an average time in attendance of 20 hours per staff member. Topics included Chiropody, Cardiovascular Pulmonary Rescusitation (C.P.R.), Aids, Car-Seat Safety, Fetal Alcohol Syndrome, Regina Home Care and Regina Assessment and Placement Service, New-born Jaundice, Gerontological Nursing, Epidemiology, Reproductive Ethics and Childbirth topics, Speech Therapy, Day Care Regulations, and Division III Health Curriculum.

CHILD HEALTH CLINIC STATISTICS - 1985

Name of Clinic	Total Attendance	Total Number of Clinic Sessions	Average Attendance Per Session
Al Ritchie	207	12	17
City Health (Tues)	544	49	11
(Thurs)*	193	46	4
Clarence Mahon	360	23	16
Crescent	189	12	16
Dieppe (last clinic Feb/85)	15	2	8
Evangelical changed from 3 to 2 times per month.	350	33	11
Glencairn Recreation Centre	856	27	32
St. Michael	193	24	8
Massey	669	24	28
W. C. How	358	23	16
Native Women's Centre	88	12	7
Peart	214	12	18
W. F. Ready	513	23	22
St. Andrew's	271	22	12
St. Charles	98	12	8
Branch Mon. PM	1,498	43	35
Tues. AM	1,178	50	24
Tues. PM	1,214	50	24
Wed. PM*	248	46	5
Thur. AM	1,030	51	20
Thur. PM	1,235	51	24
TOTAL	11,521	647	18

*Physician Clinics

Immunization and Communicable Disease Control

IMMUNIZATION AND COMMUNICABLE DISEASE CONTROL

Immunization

Prevention and control of communicable diseases remain a basic concern of the department and activities in this area are a part of almost every division's duties.

Public health nurses administered 39,660 immunization procedures during 1985 to 23,296 individuals.

Immunization procedures by age group were as follows:

Infants	15,624
Preschool	13,936
School	8,359
Adults	1,741

The department continued to be the designated yellow fever vaccination centre for southern Saskatchewan. During 1985, 134 doses were administered. In all, 1,202 travellers received this and/or other necessary immunization procedures.

Communicable Disease Control

No cases of measles, diphtheria, polio, pertussis, tetanus or typhoid were reported in Regina during 1985.

Cases of Hepatitis A and Hepatitis B increased markedly during 1985. This would appear to reflect an increased incidence as well as improved laboratory reporting and notification.

Reports of food poisonings have decreased significantly. This may be related to our public health inspectors' food handling courses which have been so well received.

Reported cases of gastroenteritis, salmonellosis, and shigellosis decreased.

The incidence of viral encephalitis was also greatly reduced compared to 1984.

Venereal disease as reflected by the reported cases of gonorrhea remained essentially unchanged. Chlamydial infection and herpes genitalis became reportable only in August of 1984 and so conclusions cannot be drawn from a comparison of 1984 and 1985 figures.

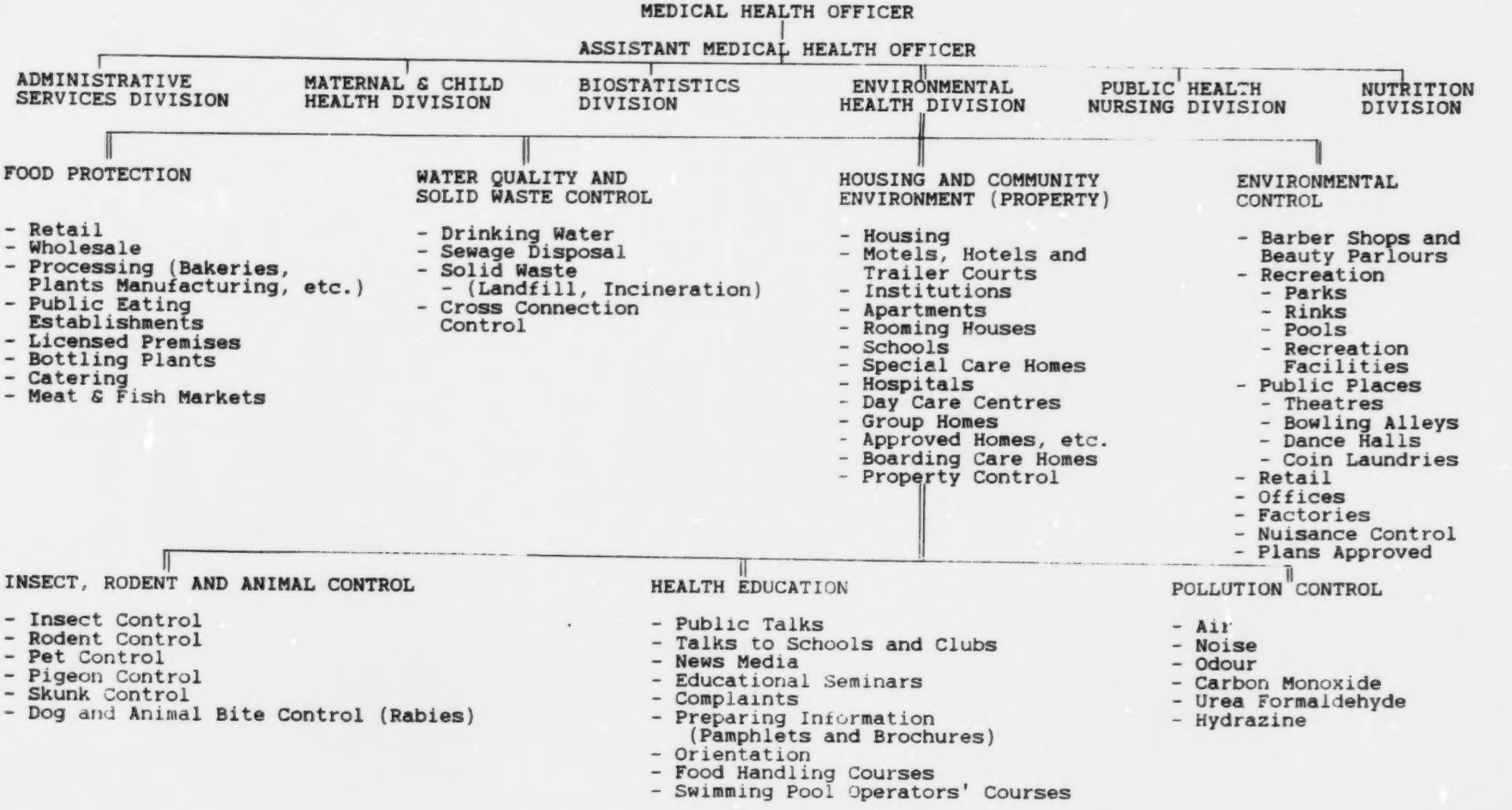
Three cases of AIDS were reported in Regina. These patients were under their physicians' care and received appropriate counselling.

The department has been involved in preparing detailed information sheets to be provided to parents whose children receive immunization from the department. These will be ready in the new year.

The pediatric consultant and nursing staff have been involved in developing protocols for use in the follow-up of communicable diseases reported to the department.

Environmental Health Division

CITY OF REGINA HEALTH DEPARTMENT - ENVIRONMENTAL HEALTH DIVISION - FUNCTIONAL ORGANIZATIONAL CHART



ENVIRONMENTAL HEALTH DIVISION

STAFF

This division has a full complement of eight District Public Health Inspectors, one Senior Public Health Inspector, one Chief Public Health Inspector and a Clerk Typist. One inspector took a position in Ontario; this left our division with a vacancy for three weeks.

AIMS

The Environmental Health Division continues to strive to make our environment a healthier and safer place in which to live, by preventing health hazards from arising and by removing those hazards that do exist. Continuing efforts are being made to improve sanitation standards throughout the city by instructing and educating the public and enforcing legislation. During 1985, a total of 20,062 inspections, investigations, consultations and tests were done by the staff. A total of 1,160 complaints of various natures were attended to.

FOOD CONTROL

The area of food control has been a priority in this division due to an increased number of complaints and heightened public interest. As a result of the growth of the city more establishments have opened for business and these require public health inspectors' time. Complaints are largely related to food establishments, particularly cases of food poisoning or questions about food safety. At the end of 1985 there were a total of 496 public eating establishments in Regina, an increase of 63 establishments over the previous year. These required 2,621 inspections; there were 11 degradings and 36 eating establishments received written orders. Twenty-nine food poisoning episodes resulted in 56 individuals becoming ill. These outbreaks required thorough investigations.

There were 541 inspections made of grocery stores, meat markets, confectionaries, bakeries and food warehouses. Display and handling of bulk food items remain a great concern to our department.

Again this year an increased effort was made to upgrade all food establishments. Educational pamphlets and brochures have been developed as well as a two and a half hour Food Handling Course. Nineteen foodhandling courses were taught with 422 attending. The course has become very popular with the foodhandling operators. More are scheduled for the following year. It is hoped that we could reach every employee or operator in the foodhandling business. The establishments participating were: public eating establishments (273), day care centres (33), caterers (31), special care homes (58), clubs (14) and hospitals (11).

WATER SAMPLING

There were 752 water samples from the distribution system submitted for analysis. Also total and free chlorine readings were taken. Further testing for pH, temperature and turbidity was done as requested by the Department of Environment. Due to the numerous odour and taste complaints, monitoring of water samples was necessary. The installation of a carbon filtration system has eliminated most of the odor and taste complaints. The palpability of the water has greatly improved.

ENVIRONMENTAL HEALTH CONTROL

Poor housing and lack of proper maintenance continue to be a great concern in this division. A total of 2,273 housing and property inspections were made, resulting in 56 premises placarded as unfit for human occupation under the Public Health Act. Every effort is made to control slum dwellings; 13 placarded premises were demolished and 42 placarded dwellings were repaired. It was interesting to note that in 1985 more of the placarded houses were repaired rather than having them demolished. The total number of non-modern dwellings remaining in the city at the end of 1985 was seven.

There were 102 actions taken under Section 130 of the Urban Municipality Act for untidy and unsightly premises. Nineteen of these premises were cleaned up by the City's Department of Public Works and

Engineering. One action was taken under Section 29 of the Public Health Act. Actions were taken by the city under Sections 124 and 132 of the Urban Municipality Act to demolish old housing or buildings and remove wrecked vehicles. These actions are certainly resulting in improvements in the control of unsatisfactory conditions within the city. The general public and community service groups continue to maintain pressure for better controls on housing and property maintenance. This also resulted in Sections of the new Urban Municipality Act giving Council authority to develop a Maintenance Bylaw.

Continued demands are made on this division for inspections and reports on institutions such as special care homes, schools, various types of group homes, boarding care homes and day care centres. Due to growing public interest in recreation and sports, more effort has once again been put into maintaining improved sanitary and safety standards in all public playgrounds, parks, rinks and swimming pools. Paddling pools were again refused permits. This resulted in having five of the seven converted into spray pools. The remaining two paddling pools remain a health concern.

CARBON MONOXIDE

Frequent carbon monoxide monitoring during the fall and winter months continued at our ice rinks. Tests were taken for carbon monoxide levels at various times of the day at each facility. The continuous readout equipment has proved very valuable in this monitoring. Very few problems are now noted due to the conversion of all ice equipment to propane and having this equipment properly tuned. Carbon monoxide monitoring is continuing. A number of spot checks have also been done in homes where carbon monoxide was a possible concern. Some carbon monoxide problems have been dealt with at underground parkades.

RODENT AND PEST CONTROL PROGRAM

The continuing Rodent and Pest Control Program under contract has been very successful. A number of pests (gophers, rabbits, pigeons, rats, skunks, etc.) have been successfully controlled. This has once again been a very bad year for gopher problems. A decline in rat and skunk problems has been noted.

Insect problems continue to be a concern. It appears that cockroaches are on the increase; bedbugs continue to be a problem, and sawtooth, grain beetle, meal moth, etc. are common.

OTHER INSPECTIONS

Regular inspections and control measures have been carried out in other areas such as offices, barber shops, beauty parlours, malls, arcades, pool rooms, clubs and other public facilities. The public health inspector keeps a constant watchful eye on any facility that is established in his district.

GENERAL

A total of 1,160 complaints have been received and investigated or referred to the proper authorities. There were 162 (14%) complaints directly related to the keeping of dogs. The keeping of dogs is becoming a concern; yards are not kept clean; kennels are too close to neighbours' property; barking and number of dogs on a property all contribute to complaints. Recommendations have been made as to the need to provide better legislation to enforce control of pets. The new Urban Municipality Act now gives Council authority to draft bylaws controlling animals. Dog bites continue to be a problem; 227 bites were reported. The Federal Health of Animals Division, Department of Agriculture is now also involved in the follow-up and rabies control.

A total of 689 verbal notices and 486 written notices or orders were issued for the year.

One Public Health Inspector attended a two week upgrading course at the University of Saskatchewan, Saskatoon. This gives the Division the opportunity to keep up with the changing times and technology. It is strongly recommended that this practice continue.

COMMUNITY EDUCATION

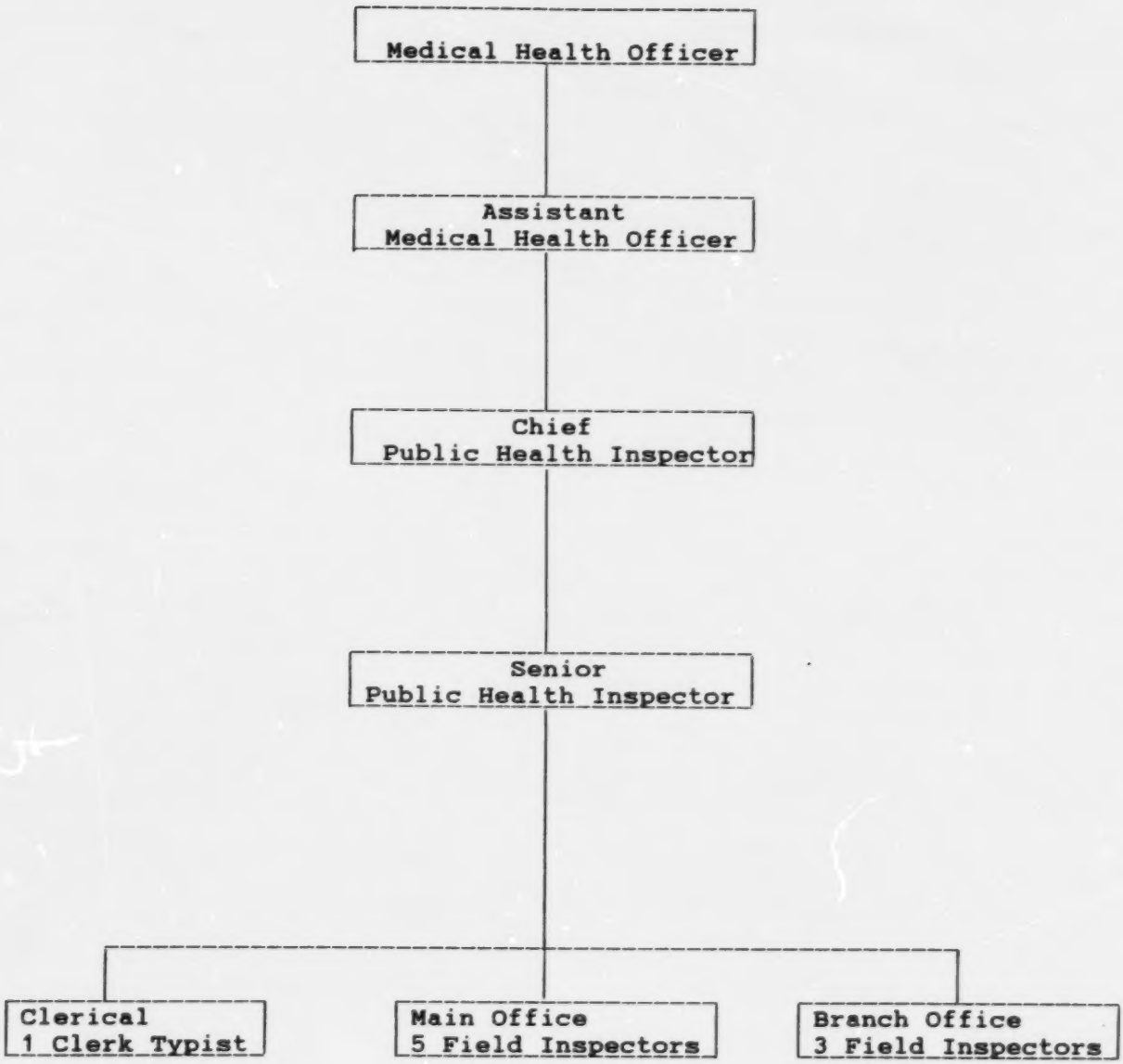
Foodhandling courses have been very successful and will be continued. A Swimming Pool Operator's course is proposed for the coming spring. A number of educational materials have been developed for our division regarding handouts for foodhandlers, insect control, flood control, etc.

A number of interviews were held with the Leader Post, radio and television stations dealing with housing, food poisoning, pest control, etc. The inspectors are encouraged to work closely with community groups.

SUMMARY

This division has had a very successful year. The inspectors greatly appreciate the co-operation from all other divisions within the department, other city departments, the general public, elected officials and government agencies.

ENVIRONMENTAL HEALTH DIVISION



ENVIRONMENTAL HEALTH DIVISION STATISTICS

1. Food-handling	1984	1985
Public eating establishments inspected	1479	1752
Licensed premises/beverage rooms, etc. inspected	365	393
Public eating establishments (itinerant) inspected	365	476
Public eating establishments closed	8	26
Public eating establishments opened	50	46
Public eating establishments - orders issued	7	36
Public eating establishments degraded	4	11
Number of Jamieson tests	12	17
Inspections of food manufacturing premises, bakeries, bottlers, meat processing	124	139
Stores inspected - grocery, meat, confectionery	243	402
Dairy products - complaints received	3	6
Food products condemned - quantity	26	18
Possible food poisoning investigations	44	29
- Number of individuals involved	169	56
- Food samples submitted to Laboratory	55	36
Laboratory examination of - (1) food samples	55	18
(2) water samples	762	752
Field tests - (1) Chlorine	1031	1413
(2) Others	1212	2107
2. Housing		
Inspections - (1) Commercial buildings	199	173
(2) Commercial properties	240	198
(3) Private dwellings	694	568
(4) Private properties	1830	1705
Inspections of apartment blocks, hotels, motels, trailer courts	153	191
Premises placarded	51	56
- Demolished	23	13
- Cards removed	27	49
Action initiated - Section 130 of the Urban Municipality Act	95	102
Action initiated - Section 29 of the Public Health Act	8	1
Miscellaneous - Formaldehyde testing, etc.	38	122
3. Institutions, Industries, Recreation Areas		
Inspections of Institutions, special care homes, day care centres, approved & boarding care homes, hospitals	213	217
Inspections of services, trades, industries, beauty parlours, barbers, laundromats	192	200

	1984	1985
Recreation areas - (1) Indoor - bowling, pool rooms, games arcades.	79	60
(2) Outdoor - parks	17	27
(3) Indoor ice arenas -		
(a) Inspection.	105	118
(b) CO testing.	122	129
(c) Other tests	57	95
(4) Swimming pools, paddling pools -		
(a) Inspection.	226	307
(b) Water samples (lab)		
(1) Routine bacterial.	152	213
(2) Pseudomonas.	10	2
(c) Closures.	-	11
(d) Field tests (pH, Chl., Alk.).	444	588
4. Insect, Rodent Control, Animal Bitings		
Insect - number of infestations.	73	91
Rodent calls reported (rats, mice)	97	71
Infestations confirmed	52	33
Skunk infestations reported.	9	4
Skunks exterminated.	5	1
Other wild animals reported - badgers, porcupines, fox, beaver, etc..	8	13
Pests reported - gophers, pigeons, rabbits, blackbirds, etc..	68	51
Pests exterminated	56	30
Animal bitings reported	229	227
5. Complaints	1201	1160
6. General		
Plans reviewed	239	231
Notices - (1) Verbal	807	689
(2) Written.	520	486
Consultation - (1) Personal.	1248	1200
(2) Telephone	1582	1783
Meetings - (1) General Staff -attendance	67	67
(2) Divisional -attendance	59	72
(3) Committee -attendance	-	96
Courses held - (1) Swimming pool operators, food-handling, etc.	33	22
(2) Number attended	845	450
Courses/seminars attended	31	25
Miscellaneous - (Court duty, etc.)	27	380

1 9 8 5 REPORT ON PLACARDED DWELLING UNITS

MONTH	DEMOLISHED	REPAIRED	TOTAL
January	-	3	3
February	-	2	2
March	1	5	6
April	2	1	3
May	3	3	6
June	1	2	3
July	1	3	4
August	2	1	3
September	1	11	12
October	1	6	7
November	-	3	3
December	1	2	3
TOTAL	13	42	55

COMPLAINTS RECEIVED - 1985

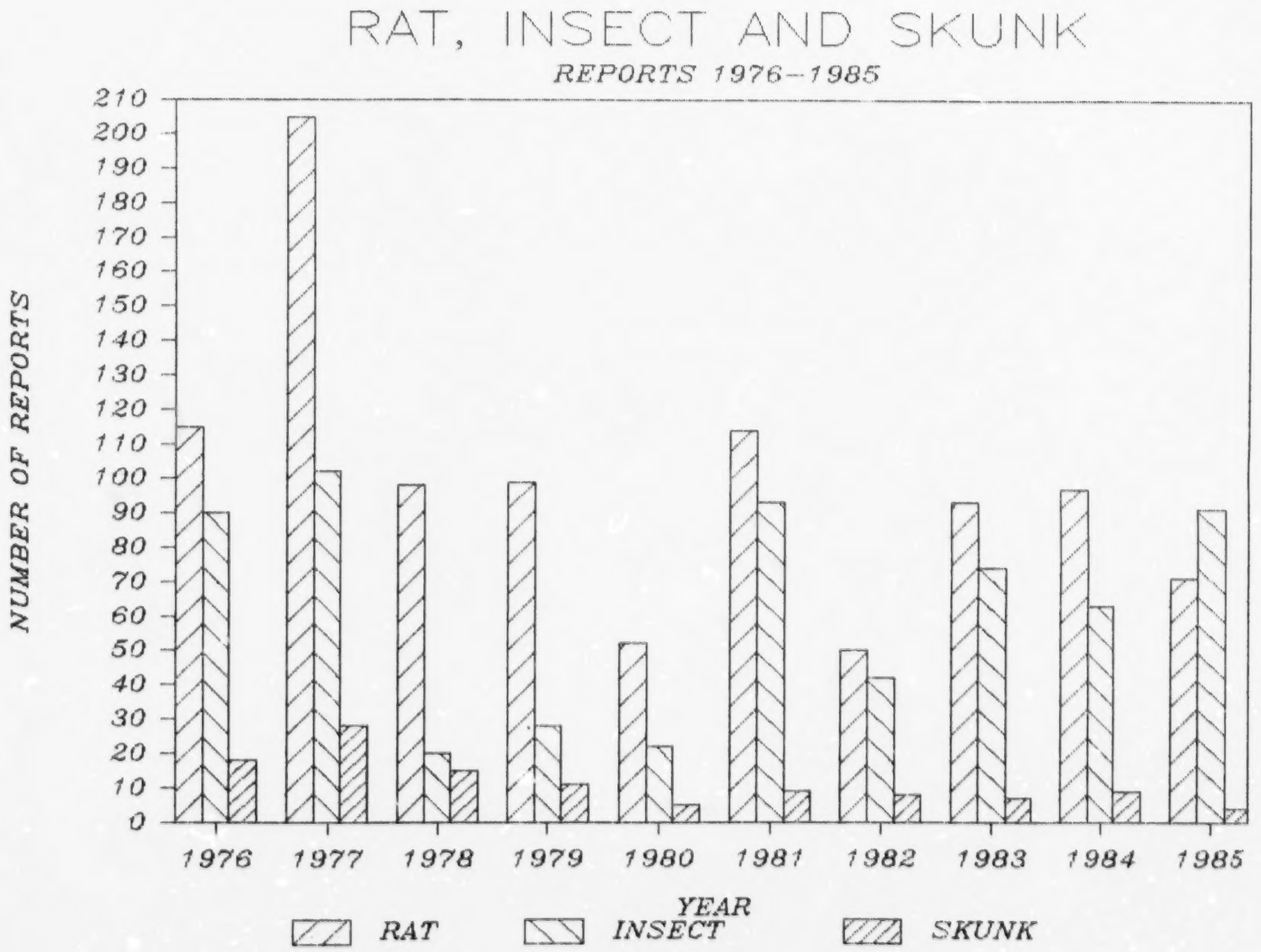
Month	Housing	Yards/ Properties	Yards Animal Related	Wild Birds, Pigeons	Wild Animals	Rats/Mice	Insects	Water	Food/ Food Stores	P.E.E.	Garbage/ Refuse	Public and Commercial Buildings	Recreation Areas	Air Pollution	Institutions	Schools	Miscellaneous	TOTAL
January	19	6	2	-	1	5	9	7	2	-	2	5	4	2	-	-	1	63
February	22	10	3	2	-	3	4	4	1	5	-	4	2	5	-	-	9	71
March	10	51	51	3	-	5	4	2	3	2	6	3	1	1	-	-	6	97
April	25	87	28	1	9	7	7	4	4	4	8	3	1	4	1	1	11	178
May	18	60	16	2	4	5	9	3	7	5	7	1	1	-	-	-	7	129
June	13	46	13	-	10	4	10	1	1	2	5	1	2	-	-	-	1	96
July	15	67	21	2	1	7	8	4	7	4	14	-	3	2	-	-	2	136
August	25	42	12	-	5	8	14	-	-	5	5	5	-	1	1	-	4	115
September	17	24	8	6	4	5	5	4	6	4	6	5	1	1	-	2	2	92
October	12	20	6	5	-	5	6	7	1	4	4	1	2	2	-	-	3	72
November	20	13	1	-	1	4	7	1	4	-	-	2	1	4	1	1	9	68
December	14	3	1	-	2	3	4	5	3	3	-	1	1	1	1	-	2	43
TOTAL	210	429	162	21	34	61	87	42	39	38	57	31	19	23	4	4	57	1160

NUMBER OF ANIMAL BITINGS REPORTED IN REGINA BY AGE GROUP - 1985

Age Group	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total	Percent
0-4	2	1	-	3	5	1	5	2	2	6	2	2	31	13.6
5-14	4	6	2	10	14	9	6	14	3	-	5	2	75	32.9
15-24	2	2	2	4	9	4	3	4	4	5	3	-	42	18.4
25-44	1	2	3	3	6	5	7	4	1	6	6	2	46	20.2
45-64	2	2	-	-	3	2	2	2	1	3	3	-	20	8.8
65+	1	-	-	-	-	-	1	-	1	1	2	-	5	2.2
Unknown	-	2	-	-	1	1	2	2	-	1	-	-	9	3.9
Total	11	15	7	20	38	22	26	28	12	22	21	6	228	100.0

REPORTED ANIMAL BITINGS - 1985

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total	Percent
Animal Not at Large	5	4	2	9	15	8	7	8	6	9	12	3	88	38.6
Animal at Large	3	8	3	7	4	10	9	13	4	7	2	2	72	31.6
Unknown	3	3	2	4	19	4	10	7	2	6	7	1	68	29.8
Total	11	15	7	20	38	22	26	28	12	22	21	6	228	100.0
Type of Animals														
Dogs	10	14	7	19	37	20	23	27	11	19	20	5	212	93.0
Cats	1	1	-	1	1	1	3	1	1	2	1	-	13	5.7
Rats	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bats	-	-	-	-	-	1	-	-	-	-	-	-	1	0.4
Skunks	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-	-	1	-	1	2	0.9
Total	11	15	7	20	38	22	26	28	12	22	21	6	228	100.0


RAT, INSECT AND SKUNK
REPORTS 1976–1985
NUMBER OF REPORTS
210
200
190
180
170
160
150
140
130
120
110
100
90
80
70
60
50
40
30
20
10
0
1976
1977
1978
1979
1980
1981
1982
1983
1984
1985
YEAR
RAT
INSECT
SKUNK

Nutrition Division

NUTRITION DIVISION

NUTRITION PROMOTION

The former assistant nutritionist resigned and a new nutritionist joined Regina City Health Department early in 1985.

During March, Canada Nutrition Month, the nutritionists participated in many programs promoting nutrition in Regina. Breakfast was served to Mayor Schneider to launch the program. Information packages were distributed to all the public and separate schools via the public health nurses. The nutritionists set up a display and helped service the Saskatchewan Dietetic Association booth at the Cornwall Center to promote exercise, nutrition and health.

Thirty-seven mass media contacts during 1985 included information and submissions for Saskatchewan weekly newspapers, Regina Community Clinic news, Regina Home Economics newsletters, Regina Rally; interviews on radio stations CBC, CJME, FMQ 92; appearances on CBC and CKCK television stations.

Community assessment and long range planning for nutrition division were done. New forms for recording statistics were developed. Nutrition materials were catalogued and a new form was prepared for ordering supplies.

The nutritionists attended a number of courses, seminars or workshops for continuing education and updating in nutrition knowledge.

RESOURCES

Many new resources were developed, such as posters for nutrition month, Hallowe'en, nutrition target practice, infant new foods, infant cereals, vitamins/minerals; information sheets on guidelines for microwaving baby formula/foods, children choking on food, herbs and weight loss; lesson plan on fad diets; cardiac diet for the Saskatchewan Diet Manual; nutrition and sport quiz.

PRESENTATIONS

Ninety-one group presentations with 3,513 total attendance included such groups as Quit For Good, Tops, Weight Wise, YMCA and YWCA Fitness Instructors' Courses, senior citizen programs, English For New Canadians classes, Federal Government Employees Pre-retirement course, R.C.M.P. retirement course, Overeaters Annonymous, Parks and Recreation girls' clubs, visually impaired group, latch-key kids programs, Independant Living Skills classes, school classes for student nutrition and school lunch programs in many Regina schools, Business Division class at Wascana Institute, Teen Parent Volunteer program, Nursery day care staff and children, Regina Public Library programs, Brownie packs, Native Girls Center staff.

ORIENTATION

Twenty-three nutrition orientations were provided, including new public health staff, visiting medical staff, medical students, nursing students from Saskatchewan University.

NUTRITION DIVISION STATISTICS

	Total 1984	Total 1985
Nutrition Consultations	2,751	2,258
Group Presentations - number	55	91
- attendance	1.167	3,513
Inservice - number of sessions	3	6
Media Contacts (including radio, press, TV)	10	37
Therapeutic Diet Counselling - number	323	237
Resources Evaluated - number	33	105
Resources Developed - number	26	34
Meetings - number	132	111

Biostatistics Division

BIOSTATISTICS DIVISION

RESPONSIBILITIES

The Biostatistician maintains a data base for the department and acts as a resource person for data collection procedures. In particular, she monitors, analyzes and interprets birth, death and communicable disease statistics.

The role of the Biostatistician involves co-operation in research and planning for the Health Department. She assists the various divisions in evaluating on-going programs and in researching new areas of health concern. In this way she helps the department in its development of future goals and programs. The Biostatistician may assist in or directly plan programs to meet the changing needs of the community. The evaluation of health related bylaws and legislation is also within the scope of this division.

The Boarding Care Home Bylaw is administered by this division and some assistance is given to the Buildings and Properties Department in the administration of Bylaw No. 6849 (respecting smoking in public places.) The division is also involved in activities relating to the promotion of the Health Department and its programs. As well, Quit For Good, a smoking cessation program, is administered by this division.

STATISTICS

A section containing health statistics for the City of Regina can be found on page 15 of this report.

Statistics concerning the incidence of certain communicable diseases can also be found on page 23. A discussion of the latter can be found in the Immunization and Communicable Disease Control section of this report.

COMMUNITY CARE HOMES

The Health Deparment administers the Regina Boarding Care Home Bylaw (No. 5128). This bylaw licenses homes which care for one to three senior

citizens. Those homes caring for 4 to 15 senior citizens are under provincial jurisdiction although they are not licensed.

In 1985, Saskatchewan Health, having received reports from departments, agencies and organizations concerned with these homes produced a report entitled "Private Care Homes - A Proposal for Discussion". The Health Department reviewed the report in detail and met with representatives of a number of Regina agencies and departments who were concerned with the lack of licensing of these homes. A report which reflected these concerns was written and reviewed by the Board of Health and Social Planning and Regina City Council.

Since the number of these homes is increasing it is hoped that such legislation will be proposed in 1986.

SURVEYS AND REPORTS

This division is involved in the investigation of various areas of concern. During 1985, two major reports were written: "Private Community Care Homes in Regina" and "A Review of Bylaw No. 6849 (Respecting Smoking in Public Places)". With respect to the Regina Health Survey, analysis of this has been delayed. A final report is expected to be completed in 1986.

A survey concerning staff utilization of the Branch Office was completed. Results will be useful for future planning. A survey questionnaire concerning Health Department facilities was also developed in 1985. Persons attending the Health Department over a one week period will be surveyed early in 1986.

A number of statistical reports were also done, including a summary of statistical data regarding fluoridation. This information was presented at a media conference in October.

In 1985, the Health Department purchased a micro-computer. Its impact on department procedures in the first six months has been very positive. Department statistics including births, deaths and

communicable diseases were put on the computer, thus facilitating data analysis. Future plans include storage of certain health records, workload data and program information.

DEPARTMENT PROMOTION AND HEALTH EDUCATION

The promotion of the Health Department, its programs and services is an important goal. This division is involved in organizing materials to be used in advertising and promotion. These include the following:

(1) Information for community directories
(2) Information for the employee newsletter.
(3) Contribution to the provincial Health Department's annual report.
(4) The Health Department annual report.

Assistance was also given in the development of program materials including pamphlets and displays.

On April 25 and 26, the Regina Liaison Committee held a conference directed towards helping youth choose healthy lifestyles. **"Youth Alive - 85!"** was primarily organized by young people with health personnel being avilable as resource people. This division assisted sudents who wished to locate departments and agencies with displays appropriate for the conference. A conference workshop (concerning smoking) was also conducted by this division.

A departmental committee was set up to review procedures related to health education materials. Following a series of meetings a report including recommendations was drawn up and approved at a Division Head meeting. Implementation of the recommendations will follow.

SMOKING

As part of its focus towards preventive health, the Health Department has become involved in "Canada's number one preventable health problem".

1. Prevention

"Youth Alive - 85!" Conference Workshop - A workshop concerning smoking was co-sponsored by Regina City Health and Saskatchewan Health. Strategy for the workshop included the concept of having several "stations" at which students could experience "active learning situations". This was partly based on the "Biomonitoring Program" of the Ontario Lung Association. The workshop included three stations with biomonitoring equipment (including a tremblometer, a Gastec carbon monoxide analyzer and a cardiotachometer), one station about tobacco advertising and one with a computer which tested the student's knowledge. The workshop was well attended and feedback from participants was very positive.

2. Smoking Cessation

Quit For Good, a smoking cessation program (developed by the Health Department with the assistance of a grant from Health and Welfare Canada) is run approximately once a month. Advice and information is also given to individuals who contact the department. This division also provides resource information concerning smoking cessation to groups such as the Oncology division of the Saskatchewan Registered Nurses Association, the Health Department's Nursing division and the Cardiac Rehabilitation program. Information was also provided by means of a number of interviews with the media.

3. Minister of Health's Committee to Develop Non-Smoking Strategies

The Biostatistician represented the Saskatchewan Interagency Council on Smoking and Health on this committee. The goal of targetting specific groups by means of effective strategies was seen as a very challenging one. Specific work was done on the "Legislation" and the "Summary of support services to smokers" sections of the report.

4. Saskatchewan Interagency Council on Smoking and Health

The Biostatistician represents the Health Department on the Saskatchewan Interagency Council on Smoking and Health. The Council is seen as a very vital and necessary voice in the area of smoking and health. As Vice-President of the organization, the Biostatistician also attended the annual meeting of the Canadian Council on Smoking and Health in Toronto.

5. National Non-Smoking Week (January 17 to 23)

This week has become a very effective way to highlight health concerns about smoking. This year the promotion of the week included the following:

* Development of information packages for the media
* Promotional Kick-off at the Cornwall Centre
* Promotion of the week through the schools
* Advertising week by means of public announcements and personal interviews with media

6. City of Regina Bylaw No. 6849 - Respecting Smoking in Public Places

The above bylaw is administered by the Department of Buildings and Properties. However, this division also provides assistance in answering inquiries regarding interpretation of the bylaw.

A report concerning the bylaw was reviewed by City Council early in 1985. A second report was initiated by a Councillor's resolution which requested a review of the bylaw with a view to increasing the number of public areas under its jurisdiction. The report included information about the following:

* Recent research concerning the hazards of second hand smoke.
* Lack of standards for quantifying secondary smoke.
* Status of legislation concerning secondary smoke (a survey of Canadian and American legislation).

Recommendations included the following:

* Increased public education concerning the bylaw and the hazards of secondary smoke.
* Achievement of increased no-smoking areas in restaurants.
* Investigationn of the feasibility of a smoking policy for City of Regina workplace areas
* Investigation of the mandate of the Occupational Health and Safety Program

7. Smoke in the Workplace

During 1985 there was a substantial increase in the number of inquiries regarding second hand smoke in the workplace. Information was supplied concerning evidence about the hazards of secondary smoke and methods of developing and implementing policies. In October, the Biostatistician spoke to a meeting of the Regina Personnel Association concerning this subject. A number of media interviews were also done.

Because of the large number of inquiries, a conference concerning this subject is being planned for 1986.

Business Office

BUSINESS OFFICE

The budget preparation and control, all purchasing, building maintenance and security are primary functions of the business office. These responsibilities are carried out by a clerk VI, a clerk-steno, a clerk typist and two caretakers at the central office and a clerk typist and a caretaker at the branch office.

The 1985 operating budget totalled $2,602,100. This was offset by an amount of $682,600 received in provincial grants and miscellaneous fees. Our operating budget is 93.4% personnel services and the remaining 6.6% is for operating expenses. The provincial government per capita health grant is set at $3.35 based on the SHSP population of 175,159 for a total of $586,800. Other grants are received for ongoing programs of contact tracing of sexually transmitted diseases ($2,000), monitoring of clients receiving SAIL equipment ($31,900), and the services of an immunization nurse and a public health inspector ($54,700). The grants make up 26% of the $14.85 per capita cost of providing health services to the Regina citizens. The financial statement is on the following page.

FINANCIAL STATEMENT

AT DECEMBER 31, 1985

EXPENDITURES		
Salaries	$2,125,300	
Contributions to Civic Pension	115,300	
Canada Pension Plan	25,500	
Unemployment Insurance	50,500	
Professional Memberships	6,200	
Car Allowances	95,500	
Uniforms	12,200	
Honorariums, wages	2,800	
Supplies and materials	26,600	
Laundry	1,000	
Reference books and subscriptions	3,700	
Education and training publications	14,900	
Audio-Visual materials	2,400	
Seminars, conventions, business trips	10,200	
Printing and duplicating	16,100	
Office furniture and equipment	8,300	
Equipment maintenance	2,600	
Postage/freight	900	
Repairs and building maintenance	4,700	
Telephone	18,500	
Electricity and gas	20,900	
Water and sewer	1,800	
Contracts and miscellaneous	9,200	
Advertising	900	
Computer services - Systems	20,900	
Microfilming	1,400	
Grant - Healthiest Babies Possible Program	3,800	
TOTAL		$2,602,100
REVENUE		
Fees:		
Boarding Care Home license fees	300	
Medical Services fees (immunization)	3,600	
Other fees - burial permits $ 100		
- registration fees 3,200	3,300	7,200
Grants:		
Provincial Per Capita	586,800	
Special Projects	54,700	
SAIL	31,900	
Venereal Disease Control	2,000	675,400
TOTAL REVENUE		$ 682,600
From City revenue		$1,919,500
		$2,602,100